Evaluation of the 30-Day Challenge

1. What measurable successes are there?

2. What were my feelings/perceptions in each of the four weeks?

3. Which of the principles was I able to implement well?

4. What was difficult for me to implement?

5. What insights have I gained?

6. What can I still improve to be successful long-term and reach my major weight loss goal?

7. My final conclusion on Weight Loss Relaxed