

PRACTICE GRATITUDE

November is the season to give thanks. Journal one to three things to be grateful for each day. Be sure continue logging all your past resolutions.

Week of 11/11							
Day	Exercise	Sleep	Sugar	Water	F&V	Breathing	Gratitude
Mon							
Tues							
Wed							
Thur							
Fri							
Sat							
Sun							

Week of 11/18							
Day	Exercise	Sleep	Sugar	Water	F&V	Breathing	Gratitude
Mon							
Tues							
Wed							
Thur							
Fri							
Sat							
Sun							

Week of 11/25							
Day	Exercise	Sleep	Sugar	Water	F&V	Breathing	Gratitude
Mon							
Tues							
Wed							
Thur							
Fri							
Sat							
Sun							