



Congratulations! Your challenge is beginning and already you have taken a huge leap toward a better, healthier you.

These worksheets are meant to be a place where you can reflect on your progress, make goals for yourself, and hold yourself accountable for keeping your commitments. At the end of the challenge, you can look back and see how far you've come in just 5 days!

DAILY CHECKLIST

- | | |
|---|---|
| <input type="checkbox"/> Watch Heidi's Training Video | <input type="checkbox"/> Increase water intake. How many ounces of water did you drink today? _____ |
| <input type="checkbox"/> Complete your workout. Number of reps reached on stepladder. _____ | |

How do you feel about your personal integrity and ability to keep promises to yourself right now? How will you improve?

Based on what I learned today, I will commit to:
