

### SMASH 28 Day New Habit Challenge

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Activity Completed</b>							
<b>Feelings</b>							
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<b>Activity Completed</b>							
<b>Feelings</b>							
	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
<b>Activity Completed</b>							
<b>Feelings</b>							
	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
<b>Activity Completed</b>							
<b>Feelings</b>							

Congratulations!!! You are Well on your Way to A Healthier Lifestyle!