

SMASH 28 Day New Habit Challenge

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

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