HAPPY BEING HEALTHY

30 Day Shape Up

	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T
	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2
Eat real food																														
Cut junk food & sugar																														
7+ hours of sleep																														
80+ ounces of water																														
5+ days of exercise/week																														