	Drank 11.5 cups water	5 servings of fruits/ veggies	Ate 0.8g/kg of protein	3-5 servings of whole grains	30 min. of cardio	Strength trained	Stretched		
1								I I	
2									
3									
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								I I	
31								I 	
01							<u> </u>	<u> </u>	