

ACCOUNTABILITY CALENDAR

MON

TUE

WED

THU

FRI

SAT

SUN

B L D H2O Sleep 7+ Hours MOVE	B L D H2O Sleep 7+ Hours MOVE	B L D H2O Sleep 7+ Hours MOVE	B L D H2O Sleep 7+ Hours MOVE	B L D H2O Sleep 7+ Hours MOVE	B L D H2O Sleep 7+ Hours MOVE	B L D H2O Sleep 7+ Hours MOVE	B L D H2O Sleep 7+ Hours MOVE
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CONTENT KEY

B - Breakfast L - Lunch D - Dinner

**H2O - Drink half your
bodyweight in ounces
of water**

**MOVE
Move your body!**

Motivation is what gets your started
Habit is what keeps you going

