Joan’s Pointed Plate – Personal Use Only

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| --- |
| DAY 1 |
| DAY 2 |
| DAY 3 |
| DAY 4 |
| DAY 5 |
| DAY 6 |
| DAY 7 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 8oz | 8oz | 8oz | 8oz | 8oz | 8oz | 8oz | 8oz |
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| 8oz | 8oz | 8oz | 8oz | 8oz | 8oz | 8oz | 8oz |
| 8oz | 8oz | 8oz | 8oz | 8oz | 8oz | 8oz | 8oz |
| 8oz | 8oz | 8oz | 8oz | 8oz | 8oz | 8oz | 8oz |
| 8oz | 8oz | 8oz | 8oz | 8oz | 8oz | 8oz | 8oz |
| 8oz | 8oz | 8oz | 8oz | 8oz | 8oz | 8oz | 8oz |

WATER TRACKER

**CHALLENGE**

**1 2 3 4 5 6 7**

7 Day Habit Reset Challenge!

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|  |  |  |  |  |  |  |

DAY 1 - WATER

DAY 2 – WEIGH/MEASURE

DAY 3 – TRACK

DAY 4 – MOVE

DAY 5 – MEAL PLAN

DAY 6 – PREP SOMETHING

DAY 7 – SELF CARE