

DATE: _____

S U M T U W T H F S A

21 DAY LIFT

DRINK
1/2 YOUR BODY WEIGHT
IN H²O

INTENTIONAL DAILY ACTION PLAN

5 AM

6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

12 noon

1 PM

2 PM

3 PM

4 PM

5 PM

6 PM

7 PM

8 PM

9 PM

10 PM

TODAY I AM GRATEFUL FOR...

MY MANTRA FOR TODAY IS...

THOUGHTS, FEELINGS & GOALS

WHAT'S ON THE MENU

BREAKFAST	LUNCH	DINNER

UPLIFT ONE ANOTHER



GRACETHEHEALTHSTUDIO.COM

Maggie Ellis

MAGGIEELLISPAPER.COM