

add a check mark to each completed goal



use the space below **exercise** and **learning a new skill** to plan the activity for the day

	1/2 Gallon of Water	No Social at wake up or before bed	No Deep Fried Foods	No Dessert Foods	20 mins resistance exercise <b>OR</b> 40 mins aerobic movement	15 mins learning a new skill or subject
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
Day 8						
Day 9						
Day 10						
Day 11						
Day 12						
Day 13						
Day 14						
Day 15						
Day 16						
Day 17						
Day 18						
Day 19						
Day 20						
Day 21						

Total Up All Checkmarks:

Visit [www.wellious.co/well21-completion](http://www.wellious.co/well21-completion) to calculate score