Notes:

Week 13:
Eat more green foods

Vegetables are essential in rounding out the starches, proteins, and fruits in your diet to make sure you get all the vitamins & minerals you need to function well. Incorporating a salad into one meal a day is a great way to help your body cleanse and aid digestion. Every day this week (and moving forward) add a salad to lunch or dinner.

Remember: If you are feeling negative about this challenge, you will probably have a hard time with it. Change your thought pattern to reflect how completing this challenge will make a positive difference in your life. Write 3 negative words in the space below that come to mind when you think about this challenge. Then write down 3 positive words that describe the possible positive outcome. **Focus on the three positive words throughout the challenge.**

negative ....

positive ....

BEGINNING OF THE WEEK:

Pray for guidance and discipline—you WILL be tempted to cheat or quit.

Do you believe you can complete this challenge (believing is half the battle!)?.....

What is your biggest hurdle in completing this challenge?.....

.....

END OF WEEK:

How are you doing on this challenge?.....

Were you able to overcome your biggest hurdle?.....

What changes do you need to make in order to make this a permanent lifestyle change?

.....

HOW ARE YOU FEELING / WHAT POSITIVE CHANGES HAVE YOU SEEN FROM THIS WEEK'S CHALLENGE?

Physically—.....

Emotionally—.....

Mentally—.....

Spiritually—.....