



MY GOAL

ELIMINATE SODA

Soda free all month. Break the habit and choose health.

NOTES:

SUGGESTED GOAL PAIRINGS: Drink Water - Track Progress - Healthy Meal Plan

PROGRESS: For every day you are soda free, color in the box.

A calendar graphic with a blue header and a grey body. The header contains the text "ELIMINATE SODA" in white, bold, sans-serif font. The calendar grid consists of 30 numbered boxes, arranged in five rows and seven columns. The first row contains numbers 1-7, the second row 8-14, the third row 15-21, the fourth row 22-28, and the fifth row 29-30. Each box is currently empty, intended for coloring to track progress.

ELIMINATE SODA						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					