



2017 Spring Mind Body Reset

Progress Chart



Check each day you honor the Reset. Don't worry if it's not perfect. It's a journey.

DAY 1 Start strong.	DAY 2 Fight the craving	DAY 3 Stay committed	DAY 4 Ask for support	DAY 5 25% done.
DAY 6 Get outside.	DAY 7 Focus on results.	DAY 8 Put yourself first.	DAY 9 Be powerful.	DAY 10 50% Boom!
DAY 11 Forgive yourself.	DAY 12 Don't quit	DAY 13 Compliment yourself.	DAY 14 Enjoy the feeling.	DAY 15 75% done.
DAY 16 You got this.	DAY 17 Imagine the finish.	DAY 18 Accept yourself.	DAY 19 Don't stop now.	DAY 20 100% CELEBRATE!