CULTIVATING SUSTAINABLE HEALTHY HABITS

WHAT ARE Specific: Measurable: Attainable: Relevant: Time Target:) ACHIVE?
MY PRO Morning	DDUCTIVE ROUT	INES vening
JOURNALING My daily prompts:	ACCOUNTABLITY Who will support me? ———————————————————————————————————	REWARDS My Celebrations:

For more challenge information see www.teresamariewellness.com.