An Ordinary January Calendar

Each evening, tick ✓ the boxes you did (Chapter 14). There's no box for weight, calories or "toxins."

Sleep: woke at your chosen time (____:____). **Meals:** three normal meals, no starving, no making up. **Walk:** any distance.

Day	Sleep	Meals	Walk	Day	Sleep	Meals	Walk
1				17			
2				18			
3				19			
4				20			
5				21			
6				22			
7				23			
8				24			
9				25			
10				26			
11				27			
12				28			
13				29			
14				30			
15				31			
16							

End of the month: total boxes ticked: ____ / 93. Which rooms have turned ○? _____