

A goal without a plan is just a wish!

H.A.P.P.Y. SUCCESS TRACKER

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

<p>H: Hydration Drink half your body weight in ounces.</p>							
<p>A: Active Move your body at least 30 minutes/day.</p>							
<p>P: Practice Self-Care Sleep, Tongue Scrape, Breathe, Take a bath, etc.</p>							
<p>P: Plan Food Record and/or plan your food.</p>							
<p>Y: YOU time! Do one thing for yourself each day!</p>							

Your GOAL: To check each box & find your **H.A.P.P.Y.** Place Each Day!

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