

10 Tips for a Healthy Glow

chart your progress below



1

I kept my work space uncluttered

- Yes
- No
- Most Days

I ate my meals slowly without multitasking

- Yes
- No
- Most Days

2



3

I kept tempting foods out of sight

- Yes
- No
- Most days

I worked out for at least 4 minutes 3 times a week

- Yes
- No

4



5

Half of all my meals were fruits & vegetables

- Yes
- No
- Most Days

I replaced calorie-laden beverages with water

- Yes
- No
- Most days

6



7

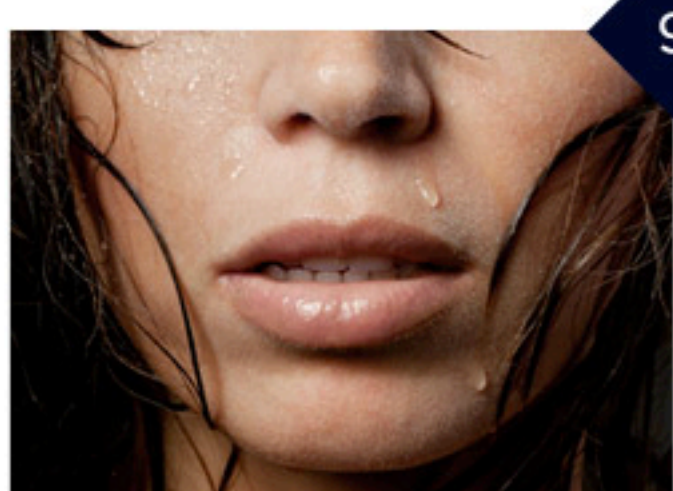
I ate a low-glycemic breakfast every day

- Yes
- No

I got at least 7 hours of sleep each night

- Yes
- No

8



9

I started my day with a 20-minute workout with at least twice a week

- Yes
- No

I spent 20 minutes outside or near a window in the morning

- Yes
- No
- Most days

10

