

# Everyday Marvalous

## Spring Clean to a Healthier You

Over the next 28 days, I promise to make my health a priority. I will eat healthier meals, exercise, and give my body the needed rest so that I can live a better quality of life.

Day #1 (date) \_\_\_\_\_

Height (inches) \_\_\_\_\_ Weight (pounds) \_\_\_\_\_

Body Mass Index: \_\_\_\_\_ Goal Weight (pounds) \_\_\_\_\_

Progress Report	End of week 1	End of week 2	End of Week 3	End of week 4
Weight (pounds)				
Exercise (hours)				

Last Day (date) \_\_\_\_\_

Body Mass Index: \_\_\_\_\_