



Week 3
Nov 15-21

**COMPLETE AT LEAST 3 OF THESE DAILY GOALS.
NEW GOALS EACH WEEK.**

SHARE YOUR PHOTOS WITH THE HASHTAG: #BWLWNOV.

- MAKE A LIST OF HEALTHY FOODS YOU LOVE. FOCUS ON WHAT YOU CAN EAT AND NOT WHAT YOU CAN'T.
- WRITE DOWN YOUR HEALTHY EATING GOALS AND POST THEM ON YOUR REFRIGERATOR.
- BUY A NEW RECIPE BOOK FILLED WITH HEALTHY MEALS.
- CUT OUT DAIRY FOR AT LEAST 3 DAYS.
- INCREASE YOUR WATER INTAKE. DRINK AT LEAST 64 OUNCES A DAY.
- PREP YOUR LUNCHESES IN ADVANCE FOR AT LEAST 3 DAYS.
- MAKE YOUR OWN SALAD DRESSING OR MAKE A MEAT MARINADE.