



My 5-2-1 Almost None Healthy Habits Plan!

Write out 5-2-1 Almost None goals for the week and record your progress everyday. When you meet your goal, check the box in the lower right-hand corner. Check out www.521almostnone.com for more tips!



Example Weekly goal: Eat fruit for breakfast 5 times/week Monday: Bannana and peanut butter toast <input checked="" type="checkbox"/>	Weekly goal: Finish book Monday: Read 2 chapters <input checked="" type="checkbox"/>	Weekly goal: Go for two walks a day Monday: 30 min walk before breakfast, 30 min walk after dinner <input checked="" type="checkbox"/>	Weekly goal: Drink water during lunch and dinner Monday: Water served at lunch and dinner <input checked="" type="checkbox"/>
WEEKLY GOALS			
MON	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
THURS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRI	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>