



30 Day Exercise Challenge

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Name:

Start Date:

End Date:

	Breakfast	Lunch	Dinner	Snacks	Exercise	Duration	How do I feel?
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							

	Breakfast	Lunch	Dinner	Snacks	Exersize	Duration	How do I feel?
Day 8							
Day 9							
Day 10							
Day 11							
Day 12							
Day 13							
Day 14							
Day 15							
Day 16							
Day 17							

	Breakfast	Lunch	Dinner	Snacks	Exercise	Duration	How do I feel?
Day 18							
Day 19							
Day 20							
Day 21							
Day 22							
Day 23							
Day 24							
Day 25							
Day 26							
Day 27							

	Breakfast	Lunch	Dinner	Snacks	Exercise	Duration	How do I feel?
Day 28							
Day 29							
Day 30							

Additional Notes:

Future Goals:
