

~ February 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	Everyday write: 1) # hours you slept, (Goal 56/wk.) 2) # meals per day, (Goal 5-6/day.) 3) # alcoholic beverages, (Goal 0-1/day,) 4) Smiley face if you trained, and what you did, Goal 5-6/wk				