



BACK TO BASICS

AUGUST

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
29	30	31	1	2	3	4

- Use this calendar to track your progress throughout the month!

- Each day, take a moment to note down:

- whether or not you have completed your 5 a day challenge

- how hard or easy you found it

- some notes about how you're feeling

- E.g

	6 ✓ 😊 Ate 3 portions of veg and 2 portions of fruit today!	7
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