

January	2025	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		30	31	1	2	3	4	5
WEEK 1	TOTAL POINTS							
	WORKOUT							
	10K+ STEPS							
	NO ADDED SUGAR							
	NO ALCOHOL							
	YOUR GOAL							
		6	7	8	9	10	11	12
WEEK 2	TOTAL POINTS							
	WORKOUT							
	10K+ STEPS							
	NO ADDED SUGAR							
	NO ALCOHOL							
	YOUR GOAL							
		13	14	15	16	17	18	19
WEEK 3	TOTAL POINTS							
	WORKOUT							
	10K+ STEPS							
	NO ADDED SUGAR							
	NO ALCOHOL							
	YOUR GOAL							
		20	21	22	23	24	25	26
WEEK 4	TOTAL POINTS							
	WORKOUT							
	10K+ STEPS							
	NO ADDED SUGAR							
	NO ALCOHOL							
	YOUR GOAL							
		27	28	29	30	31	1	2
WEEK 5	TOTAL POINTS							
	WORKOUT							
	10K+ STEPS							
	NO ADDED SUGAR							
	NO ALCOHOL							
	YOUR GOAL							

Let's upgrade our lives for 21-Days! Give yourself a point for completing each goal & don't forget to create your own. When creating your own goal, ask yourself "what's blocking me from feeling my healthiest self?"
Learn more and book a consultation.

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