



30-Day Meal Prep Challenge

ONE DAY AT A TIME · BUILD THE HABIT

Start Date _____

MON

TUE

WED

THU

FRI

SAT

SUN

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29 <input type="checkbox"/> Planned <input type="checkbox"/> Prepped <input type="checkbox"/> On track	30 <input type="checkbox"/> Planned <input type="checkbox"/> Prepped <input type="checkbox"/> On track						

Day 7
FIRST FULL WEEK

Day 14
HALFWAY THERE

Day 21
HABIT FORMED

Day 30
CHALLENGE COMPLETE!

WHAT WORKED BEST

WHAT I'D CHANGE
