

# Mischievous Mum's

## 100 Day Challenge

## Food, Exercise and Gratitude Journal

Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	<b>Breakfast</b>	1	2	3	4	5	6	7
	Snack							
	Lunch							
	Snack							
	Dinner							
	½ exercise							
2	<b>Breakfast</b>	8	9	10	11	12	13	14
	Snack							
	Lunch							
	Snack							
	Dinner							
	½ exercise							
3	<b>Breakfast</b>	15	16	17	18	19	20	21
	Snack							
	Lunch							
	Snack							
	Dinner							
	½ exercise							
4	<b>Breakfast</b>	22	23	24	25	26	27	28
	Snack							
	Lunch							
	Snack							
	Dinner							
	½ exercise							
5	<b>Breakfast</b>	29	30	31	32	33	34	35
	Snack							
	Lunch							
	Snack							
	Dinner							
	½ exercise							

6	<b>Breakfast</b>	36	37	38	39	40	41	42
	Snack							
	Lunch							
	Snack							
	Dinner							
	½ exercise							
7	<b>Breakfast</b>	43	44	45	46	47	48	49
	Snack							
	Lunch							
	Snack							
	Dinner							
	½ exercise							
8	<b>Breakfast</b>	50	51	52	53	54	55	56
	Snack							
	Lunch							
	Snack							
	Dinner							
	½ exercise							
9	<b>Breakfast</b>	57	58	59	60	61	62	63
	Snack							
	Lunch							
	Snack							
	Dinner							
	½ exercise							
10	<b>Breakfast</b>	65	66	67	68	69	70	71
	Snack							
	Lunch							
	Snack							
	Dinner							
	½ exercise							
11	<b>Breakfast</b>	72	73	74	75	76	77	78
	Snack							

	Lunch							
	Snack							
	Dinner							
	½ exercise							
12	<b>Breakfast</b>	79	80	81	82	83	84	85
	Snack							
	Lunch							
	Snack							
	Dinner							
	½ exercise							
13	<b>Breakfast</b>	86	87	88	89	90	91	92
	Snack							
	Lunch							
	Snack							
	Dinner							
	½ exercise							
14	<b>Breakfast</b>	93	94	95	96	97	98	99
	Snack							
	Lunch							
	Snack							
	Dinner							
	½ exercise							
15	<b>Breakfast</b>	100!!!						
	Snack							
	Lunch							
	Snack							
	Dinner							
	½ exercise							