

30 DAY CHALLENGE

Daily use a new clean living food log to record your food for 21 days during November.

Calories	Carbohydrates	Proteins	Vegetables	Fruits	Fats

Meals	Calories	Carbs	Proteins	Fruits	Veggies	Fats
Breakfast						
Lunch						
Dinner						
Snacks						
Total Consumed						



NOVEMBER CHALLENGE CLEAN LIVING

30 Minutes of Cardio & Eat Healthy for 21 Days!

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