



McGrath *Women's Network*

SUPPORT · EMPOWER · CONNECT

30 DAYS OF NUTRITION *checklist*

This month is about focusing on nutrition. Choose 1 or 2 things you want to cut out of your diet, and go all month without them. Use this checklist to track your progress. Turn in to Emma Conroy at the end of the month for a chance to win!

Name: _____

I'm cutting

out of my diet

- Tuesday, October 1st
- Wednesday, October 2nd
- Thursday, October 3rd
- Friday, October 4th
- Saturday, October 5th
- Sunday, October 6th
- Monday, October 7th
- Tuesday, October 8th
- Wednesday, October 9th
- Thursday, October 10th
- Friday, October 11th
- Saturday, October 12th
- Sunday, October 13th
- Monday, October 14th
- Tuesday, October 15th

- Wednesday, October 16th
- Thursday, October 17th
- Friday, October 18th
- Saturday, October 19th
- Sunday, October 20th
- Monday, October 21st
- Tuesday, October 22nd
- Wednesday, October 23rd
- Thursday, October 24th
- Friday, October 25th
- Saturday, October 26th
- Sunday, October 27th
- Monday, October 28th
- Tuesday, October 29th
- Wednesday, October 30th

Go ahead and take Halloween off 🎃
(Get that candy)