

Habit Change Log

Behavior Change:

More VEGGIES

Start Date:

Nov. 5th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1:			spinich in eggs spinich + tomato on sandwich brocoli @dinner	spinich in eggs spinich + tomato on sandwich peas + carrots @dinner	bagel w/ awo salad veggie pizza	potato + grn chili in eggs salad asparagus + mushrooms	corn added to pancakes salad sweet potato
WEEK 2:	Carrot mango smoothie peppers in wrap spinich in pasta	spinich in eggs brocoli in quesadilla Eggplant Parmesan	bagel w/ awo salad squash in curry	bagel w/ awo portobello sandwich salad w/ dinner	spinich + tomato in eggs lettuce wraps brussel sprouts	beets in hash salad veggie pasta	omelet tomato awo peppers on sandwich carrots in meat loaf

NOTES:
