

WEEK 1: FUEL SMART Simple Nutrition Swaps and Fiber Focus



	Accomplishments Achieved Today		How to Improve NEXT TIME
DAY1			
		\Rightarrow	
DAY 2			
		\Rightarrow	
DAY 3			
		\Rightarrow	
DAY 4			
		\Rightarrow	
DAY 5			
		\Rightarrow	
DAY 6			
		\Rightarrow	
DAY 7			
		\Rightarrow	