

the 7 day meal planning challenge

Meal Planning may sound easy, but you and I both know that actually sticking to what you've written down is a lot harder than it may seem! Think back to last week... use the chart below to get a clear picture of where your plans and what really happens intersect.

How many dinners did you plan ahead of time last week? Circle that number on the top row. Now, how many of those dinners did you actually follow through and stick to the plan? Go ahead and circle that number in the first column.

figure out your goal

		DINNERS PLANNED							
		0	1	2	3	4	5	6	7
PLAN FOLLOWED	0	2	2	2	2	2	2	2	2
	1		2	2	2	2	2	2	2
	2			3	3	3	3	3	3
	3				4	4	4	4	4
	4					5	5	5	5
	5						6	6	6
	6							7	7
	7								7

Now just find where that row and column intersect, and that's your goal for how many meals you should plan for this 7 day challenge! You can use the attached meal planner to write down your plans! You can always go for the extra push and plan more, but to complete the challenge, you only need to plan the number of dinners you got from the chart.

Check off the days where you complete your meal plan below.

track for seven days

<input type="checkbox"/>						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

To help keep you motivated we're going to send you a prize when you complete this challenge!!! You'll have an email from us in your inbox from us checking in with you after 7 days, and we'll tell you how to get your prize. We know you're going to love the prize - people have been rumored to stand up and do a happy dance when they receive it.

meal plan

No need to wait till next week to start! If you're reading this on a Tuesday, let Wednesday be your start date!

	dinner plan	groceries needed	
mon			PLANNED? <input type="checkbox"/> COOKED? <input type="checkbox"/>
tue			PLANNED? <input type="checkbox"/> COOKED? <input type="checkbox"/>
wed			PLANNED? <input type="checkbox"/> COOKED? <input type="checkbox"/>
thu			PLANNED? <input type="checkbox"/> COOKED? <input type="checkbox"/>
fri			PLANNED? <input type="checkbox"/> COOKED? <input type="checkbox"/>
sat			PLANNED? <input type="checkbox"/> COOKED? <input type="checkbox"/>
sun			PLANNED? <input type="checkbox"/> COOKED? <input type="checkbox"/>