

Week 3



"Eating frequently is a better option than not eating at all."

<u>S</u>	<u>M</u>	<u>T</u>	<u>W</u>	<u>T</u>	<u>F</u>	<u>S</u>
<input type="checkbox"/>  prepare food	<input type="checkbox"/>  5000 Steps <input type="checkbox"/>  1.5 liters <input type="checkbox"/>  eat healthy	<input type="checkbox"/>  5000 Steps <input type="checkbox"/>  1.5 liters <input type="checkbox"/>  eat healthy	<input type="checkbox"/>  3000 Steps <input type="checkbox"/>  1.5 liters <input type="checkbox"/>  eat healthy	<input type="checkbox"/>  5000 Steps <input type="checkbox"/>  1.5 liters <input type="checkbox"/>  eat healthy	<input type="checkbox"/>  5000 Steps <input type="checkbox"/>  1.5 liters <input type="checkbox"/>  eat healthy	