

**BONUS  
DOWNLOAD**

# **30-DAY NEW HABIT *CHALLENGE***

Transform Your Life  
One Day at a Time

---

WITH WENDY NICHOLSON

# 30-Day NEW Habit Challenge



## Tips and strategies...

Having a 30-day goal of learning a NEW habit is a great way to get started.

And tracking that habit makes it more likely to become part of your lifestyle.

The goal of learning something new every day related to your new habit also can make it "stick" more.

This helps especially when doing something as big as losing weight.

When I was losing weight and wanting to change habits and routines, I would read up on new scientific research and health recommendations.

And, I would save my favourite YouTube videos or podcasts on my phone's notes app.

This kept me motivated to learn the new habits, which I still keep up with today to maintain my weight loss.

KEEP Going and you will reach your goals!  
I'm cheering you on...

*Wendy*

Print off the following page. Put it on your wall to keep track each day and remind yourself of your NEW Habit that you are wanting to make a part of your lifestyle.

 **To print in colour, select page 3**

 **To print in grayscale, select page 4**

## 30-day NEW Habit Challenge

NEW habit:

---

Why is this important for me?

---

---

Wins:

---

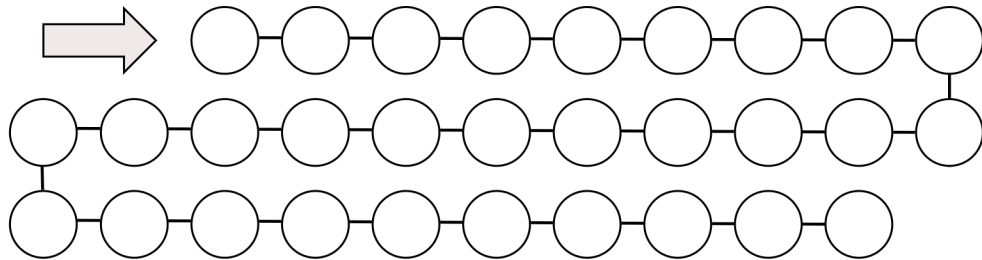
Challenges:

---

Results:

---

Let's do this!



How did it go?

---

---

What did I learn?

---

---

## 30-day NEW Habit Challenge

NEW habit:

---

Why is this important for me?

---

---

Wins:

---

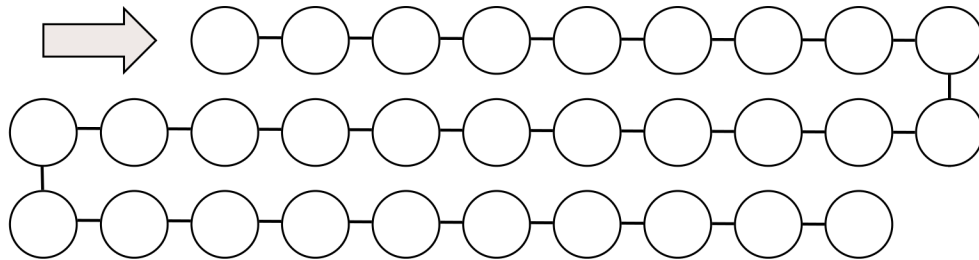
Challenges:

---

Results:

---

Let's do this!



How did it go?

---

---

What did I learn?

---

---