

2010 Revolutionary Challenge – Week 1

	M	T	W	Th	F	Sa	Su
1. Do the dishes before I go to bed.							
2. Drink 8 glasses of water.							
3. Exercise 30 minutes.							
4. Be ready to present myself to the world by 11:00 a.m.							
5. Eat two (2) servings of fruit and three (3) servings of vegetables each day.							
6. Savor up to one (1) small treat/ per day							
7. Take 15 minutes just for me (e.g. read a book for fun, for meditation, contemplation of the divine, take a walk, watch a TV show)							
8. Finish eating by 9:00 p.m.							
9. Wild Card Week One: Write and mail a thank-you note - with real paper and in my own handwriting (for Christmas or something thoughtful someone has done for me)							
10. Do something today that will make a difference and record it in my "Atta Girl" or "Atta Boy" journal.							

Atta Girl!



Just Do*
It!

Be
Revolutionary!