

# Five Healthy Habits Challenge

- 1.
  - 2.
  - 3.
  - 4.
  - 5.
- 

## Week One

Habit:

Three ways to succeed:

- 1.
- 2.
- 3.

## Week Two

Habit:

Three ways to succeed:

- 1.
- 2.
- 3.

### **Week Three**

Habit:

Three ways to succeed:

- 1.
  - 2.
  - 3.
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### **Week Four**

Habit:

Three ways to succeed:

- 1.
  - 2.
  - 3.
- 

### **Week Five**

Habit:

Three ways to succeed:

- 1.
- 2.
- 3.