CONRAD GOODHEW NUTRITION ®

The “Adult Sticker Chart”. Choose 5-7 habits that you can nail every single day, and give yourself a total score at the end of the week.

	Daily Habit	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Total
1									/7
2									/7
3									/7
4									/7
5									/7
6									/7
7									/7