

## 30-DAY DINING OUT CHALLENGE

### DINING OUT TRACKING



Fill in the circle with a smiley face if you resisted dining out, or a frowny face if you caved in for the convenience!



DAY 1	<input type="radio"/>	DAY 11	<input type="radio"/>	DAY 21	<input type="radio"/>
DAY 2	<input type="radio"/>	DAY 12	<input type="radio"/>	DAY 22	<input type="radio"/>
DAY 3	<input type="radio"/>	DAY 13	<input type="radio"/>	DAY 23	<input type="radio"/>
DAY 4	<input type="radio"/>	DAY 14	<input type="radio"/>	DAY 24	<input type="radio"/>
DAY 5	<input type="radio"/>	DAY 15	<input type="radio"/>	DAY 25	<input type="radio"/>
DAY 6	<input type="radio"/>	DAY 16	<input type="radio"/>	DAY 26	<input type="radio"/>
DAY 7	<input type="radio"/>	DAY 17	<input type="radio"/>	DAY 27	<input type="radio"/>
DAY 8	<input type="radio"/>	DAY 18	<input type="radio"/>	DAY 28	<input type="radio"/>
DAY 9	<input type="radio"/>	DAY 19	<input type="radio"/>	DAY 29	<input type="radio"/>
DAY 10	<input type="radio"/>	DAY 20	<input type="radio"/>	DAY 30	<input type="radio"/>

---

**WAY TO GO!**