

18 Easy Changes for 2018

Transform your health one step at a time this year

2018 Transformation Schedule

In the blank space next to each segment,
write down one healthy change to focus on for that 21 day habit-making period

1	Monday	January	1st	2018
	Sunday	January	21st	2018

2	Monday	January	22nd	2018
	Sunday	February	11th	2018

3	Monday	February	12th	2018
	Sunday	March	4th	2018

4	Monday	March	5th	2018
	Sunday	March	25th	2018

5	Monday	March	26th	2018
	Sunday	April	15th	2018

6	Monday	April	16th	2018
	Sunday	May	6th	2018

7	Monday	May	7th	2018
	Sunday	May	27th	2018

8	Monday	May	28th	2018
	Sunday	June	17th	2018

9	Monday	June	18th	2018
	Sunday	July	8th	2018

10	Monday	July	9th	2018
	Sunday	July	29th	2018

11	Monday	July	30th	2018
	Sunday	August	19th	2018

12	Monday	August	20th	2018
	Sunday	September	9th	2018

13	Monday	September	10th	2018
	Sunday	September	30th	2018

14	Monday	October	1st	2018
	Sunday	October	21st	2018

15	Monday	October	22nd	2018
	Sunday	November	11th	2018

16	Monday	November	12th	2018
	Sunday	December	2nd	2018

17	Monday	December	3rd	2018
	Sunday	December	23rd	2018

18	Monday	December	24th	2018	Practice the Attitude of Gratitude. Reflect on all of the great things you have done this year! Look how far you have come!!
	Monday	December	31st	2018	



Angela L Perkins

Holistic Wellness Services

www.angelalperkins.com