

TRACKING SHEET

Working-Well challenges you to live the pura vida lifestyle with clean, simple eating habits in your daily pursuit of health.

Strip away all the rules, all the measuring and counting, and focus on eating simple, natural foods for the next 5 weeks.

W EDNE SDAY

THUR SDAY

FRIDAY

SATURDAY

SUNDAY

4

5

6

7

Veggies: The Cornerstone of Every Meal