



Personal Development Requirements

Healthy Habits

Having self-discipline means that you have the ability to control yourself to do what you know is right. Self-discipline gives you direction. It keeps a balance in your life and enables you to achieve your goals.

Your task for this unit is to exercise your self-discipline by **avoiding all “junk-foods”** for one week. Record your healthy meals for the week in the food journal below. Give examples of good/bad foods.

DAY ONE: Breakfast: _____

Lunch: _____

Dinner: _____

DAY TWO: Breakfast: _____

Lunch: _____

Dinner: _____

DAY THREE: Breakfast: _____

Lunch: _____

Dinner: _____

DAY FOUR: Breakfast: _____

Lunch: _____

Dinner: _____

DAY FIVE: Breakfast: _____

Lunch: _____

Dinner: _____



Personal Development Requirements

Healthy Habits (cont)

DAY SIX: Breakfast: _____

Lunch: _____

Dinner: _____

DAY SEVEN: Breakfast: _____

Lunch: _____

Dinner: _____

DAY EIGHT: Breakfast: _____

Lunch: _____

Dinner: _____

DAY NINE: Breakfast: _____

Lunch: _____

Dinner: _____

DAY TEN: Breakfast: _____

Lunch: _____

Dinner: _____

A change from unhealthy habits to healthy habits will yield extraordinary results.