

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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 <i>Pura Vida: Pure Life</i> Focus on the simple and natural. Eat Foods that are as minimally processed as possible.						
1	2	3	4	5	6	7
WEEK 2 <i>Veggies: The Cornerstone of Every Meal</i> Fill half your plate at each meal with vegetables.						
8	9	10	11	12	13	14
WEEK 3 <i>Whole Grains: High-Fiber</i> Remove all "refined" grains from your diet and replace with whole grains.						
15	16	17	18	19	20	21
WEEK 4 <i>Protein: Animal & Plant-Based</i> Choose minimally processed proteins over prepackaged food.						
22	23	24	25	26	27	28
WEEK 5 <i>Flavor with Herbs & Spices: Skip Sugar, Sodium, & Saturated Fats</i> Add 1 serving of good unsaturated fats to each meal. Flavor dishes with herbs & spices rather than sodium, sugar, & saturated fats.						
29	30	31	32	33	34	35