

# HABIT HUB

## 30-DAY "CLEAN STREAK" CHALLENGE FOR NO JUNK FOOD NOVEMBER



This Challenge is designed to encourage consistent healthy eating habits while keeping motivated to avoid junk food for the entire month. The focus is on building streaks—days in a row where you make clean, healthy food choices.

### How It Works:

Commit to avoiding junk food for 30 days. The goal is to maintain a "clean streak" of days without consuming processed or unhealthy foods. Track your progress daily and work toward personal milestones, with rewards and recognition for achieving various streak lengths.

### Challenge Guidelines:

#### 1. Junk Food Definition:

- Junk food includes fast food, candy, soda, sugary snacks, chips, fried foods, heavily processed items, etc. For more info, see the Eat for Health Guidelines: [EatForHealth.com](http://EatForHealth.com) / Food-Essentials/Discretionary Food and Drink Choices

- Prioritise whole, minimally processed foods: fruits, vegetables, lean proteins, whole grains, healthy fats (e.g., nuts, olive oil), and water as the primary beverage.

#### 2. Tracking:

- Use the Clean Streak Tracker over the page to mark off each day you successfully avoid junk food.

- A "clean day" is one where you do not consume any junk food and make mindful, nutritious choices.

#### 3. Streak Milestones:

To keep motivated throughout the month, aim for any of the milestones:

- 5, 10, 15, 20, 25 or 30 days clean

This 30-day Clean Streak Challenge will encourage you to build consistent, mindful eating habits that you can continue beyond November!

This tracker overleaf is designed for you to log your progress throughout the month and stay motivated to avoid junk food. It includes streak milestones, daily tracking boxes, and spaces for personal reflections and achievements.

### Rules:

- Mark a ✓ for each clean day (no junk food).

- Write down any reflections or healthy habits you tried each day.

- Also see the optional challenges (\*\*) below for an extra challenge!

### \*\*Optional Challenges:

Day 1 - Share your favourite healthy snack on social media

Day 5 - Try a new fruit or vegetable today.

Day 10 - Prep a healthy meal for the next 3 days.

Day 15 - Swap a sugary drink for water or herbal tea today.

Day 20 - Try a recipe for a healthy dessert alternative.

# NO JUNK FOOD NOVEMBER: 30-DAY CLEAN STREAK CHALLENGE TRACKER

Your Name: \_\_\_\_\_ Challenge Start Date: \_\_\_\_\_

Day	Clean? (✓)	How did you feel?
Day 1**		
Day 2		
Day 3		
Day 4		
Day 5**		
Day 6		
Day 7		
Day 8		
Day 9		
Day 10**		
Day 11		
Day 12		
Day 13		
Day 14		
Day 15**		
Day 16		
Day 17		
Day 18		
Day 19		
Day 20**		
Day 21		
Day 22		
Day 23		
Day 24		
Day 25		
Day 26		
Day 27		
Day 28		
Day 29		
Day 30		