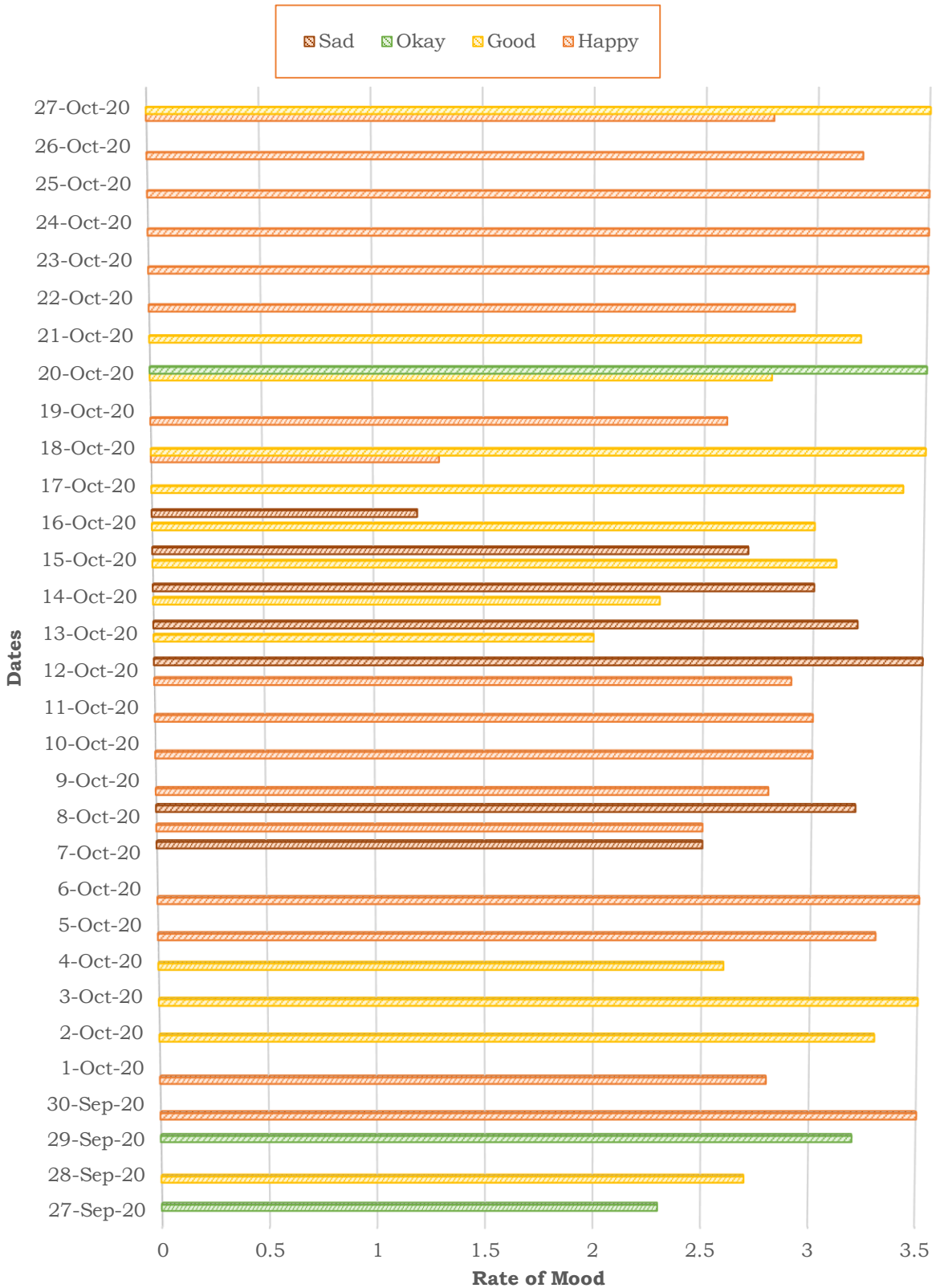
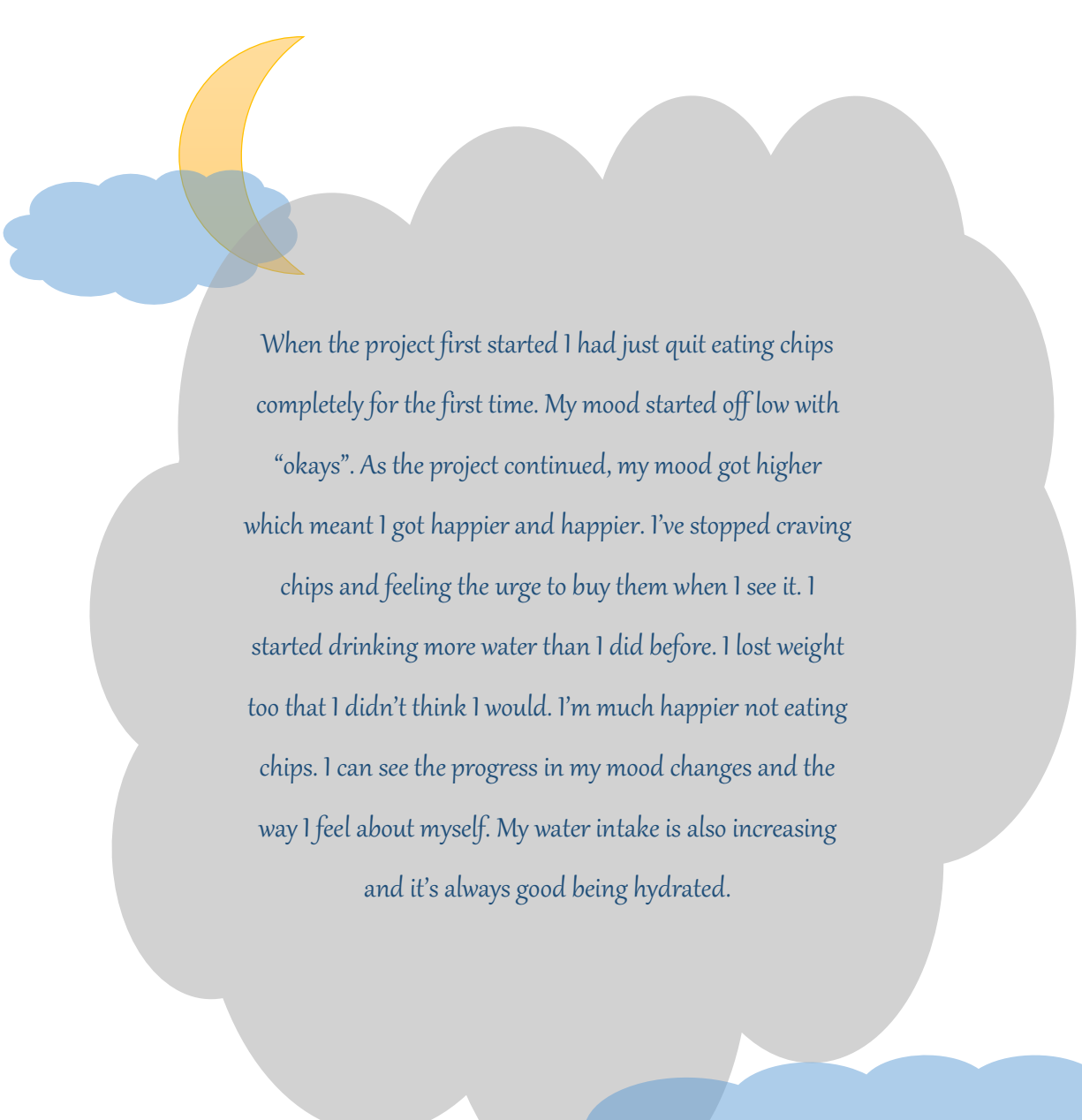


MOOD CHANGES THROUGHOUT THE 30-DAY CHALLENGE

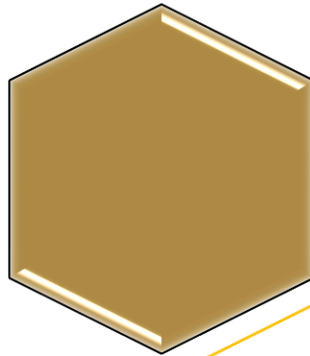




When the project first started I had just quit eating chips completely for the first time. My mood started off low with “okays”. As the project continued, my mood got higher which meant I got happier and happier. I’ve stopped craving chips and feeling the urge to buy them when I see it. I started drinking more water than I did before. I lost weight too that I didn’t think I would. I’m much happier not eating chips. I can see the progress in my mood changes and the way I feel about myself. My water intake is also increasing and it’s always good being hydrated.



Obstacles I encountered:

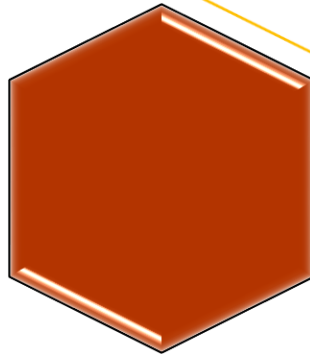
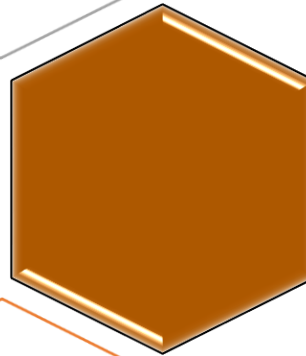


I got into a big situation with one of my close friends over something silly.

This caused my mood to go down for a bit. I didn't want to do much the first two days after this happened except school work.

They kept trying to give me chips. At first, it was really tempting to eat because they kept trying to feed me it. I did reject though which made me feel like I was progressing.

I was with my godsisters most of the ending days of October.



I got my wisdom tooth pulled out.

My water consumption went down and I barely ate for the first three days. I mainly lived off of jello, water, and some soups.