



**RECAP. CELEBRATE YOUR PROGRESS SO FAR.**

Take some time to reflect on the changes you have made to your lifestyle so far through the Kitchen Dream Team. Go through this checklist and tick off your achievements to date.



De-clutter your kitchen



Set up a menu board



Journal your commitment



Recruit your positive army



Put together a family favourite recipe book

If there are things that you are yet to achieve, pause. Go back to those sections and reflect on what has got in the way. What do you need to do to be able to tick that box? Make sure you fix that situation and tick all those boxes before you move on with the program. What changes have you noticed in your family and personally?

Make a note of those changes in this section. Your kitchen might be cleaner, you might have cooked a new type of dish that was a big hit with the family and your kids might be trying something new.

**WHAT HAVE YOU NOTICED?**