



30 Day Challenge:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
—	—	Take your Before Photo!	—	—	—	Feeling Stronger?
—	—	What are you most proud of?	—	—	—	—
—	—	—	—	What's motivating you today?	—	—
—	—	—	Post a fun pic on FB!	—	What are you most looking forward to??	—
—	—	—	What are you working for?	—	—	Take your After Photo!

YOU CAN DO ANYTHING YOU THINK YOU CAN!

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