

PROGRESS CHART

count it down



Check each day you honor the Challenge. Don't worry if it's not perfect. It's a journey.

DAY 1

Fresh Start

DAY 2

Ask for Help.

DAY 3

Ignore Cravings.

I DESERVE TO EAT WELL.

DAY 4

Make Good Choices.

DAY 5

Put Yourself First.

DAY 6

Notice Changes.

DAY 7

You made it! Enjoy!

MY BODY NEEDS ATTENTION

DAY 1

WALK

DAY 2

GET INTENSE

DAY 3

STRETCH

DAY 4

GET STRONG

DAY 5

WORK IT OUT

DAY 6

STRETCH

DAY 7

GET OUTSIDE