

WHAT'S INCLUDED

46 pages in PDF format, ready to download immediately after buying

- Challenge Rules
- Mapping My Journey
- Challenge Progress
- My Before & After
- Weekly Challenge Tracker (4 pages)
- Challenge Log
- Daily Planner (7 pages)
- Weekly Workout Plan
- Weekly Exercise Planner
- Weekly Fitness Tracker
- Weekly Reading List
- Weekly Meal Plan
- Daily Food Journal
- Menu Planner
- Grocery List
- Weekly Wellness Tracker
- Weekly Planner
- Weekly Review
- Steps Tracker
- Workout Tracker
- Water Tracker
- Reading Tracker
- Weight Loss Tracker
- Body Measurements (x2: male & female)
- Weekly Measurements (2 pages)
- Progress Photos
- Weekly Weigh-in
- Reading List
- Books Read
- Notes (3 pages)
- Covers (x2: male & female)
- Belongs to Page



As soon as you purchase, you'll get access to 4 PDF files in US letter size (8.5 x 11 in) with a total of 46 pages each. You will also receive a PDF with instructions on how to customize the rules and rule ideas to help you craft the perfect challenge for yourself.

Please note: This is a digital product. No physical product will be shipped.