

30 Days Challenge

GET IT STARTED					
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	YOU DID IT 30

I WON'T FAIL BECAUSE :

☐ NEED IT

☐ AM AWESOME

☐ DESERVE IT

DAY 1

WEIGHT _____

WAIST _____

HIPS _____

DAY 15

WEIGHT _____

WAIST _____

HIPS _____

DAY 30

WEIGHT _____

WAIST _____

HIPS _____

LEVEL 1

LEVEL 2

LEVEL 3