

FASTING

21 Day Countdown

21 You got this	20 One step at a time	19 You will get there	18 Believe in yourself	17 Give it all you've got
16 You're resilient	15 Keep pushing	14 Stay strong	13 You're doing awesome	12 Never lose hope
11 Don't stop	10 Making great progress	9 Keep standing up	8 Believe in yourself	7 You're doing awesome