



100 DAYS TO SUMMER

GOAL CHART

 CHANGE NOTHING & NOTHING CHANGES 		100	99	98	97	96	95	94	93
		92	91	90	89	88	87	86	85
84	83	82	81	80	79	78	77		
76	75	74	73	72	71	70	69		
68	67	66	65	64	63	62	61	60	59
58	57	56	55	54			53	52	51
50	49	48	47	46			45	44	43
42	41	40	39	38	37	36	35	34	33
 the healthy Mummy CHANGE IS hard at first, messy in the middle & GORGEOUS AT THE END.		32	31	30	29	28	27	26	25
		24	23	22	21	20	19	18	17
16	15	14	13	12	11	10	9		
8	7	6	5	4	3	2	1		

Take part in the **28 Day Weight Loss Challenge!** Join 100,000's of mums in the **ONLY** program designed to empower you to live a healthier life.