






100 days to summer

GOAL CHART

I will be committed. I will be dedicated. I WILL DO MY BEST. 		100	99	98	97	96	95	94	93
		92	91	90	89	88	87	86	85
84	83	82	81	80	79	78	77	I will end this month HEALTHIER than ever before 	
76	75	74	73	72	71	70	69		
68	67	66	65	64	63	62	61	60	59
58	57	56	55	54	My goal this month is TO SMASH MY GOAL for this month 		53	52	51
50	49	48	47	46			45	44	43
42	41	40	39	38	37	36	35	34	33
That was THEN . This is NOW . 		32	31	30	29	28	27	26	25
		24	23	22	21	20	19	18	17
16	15	14	13	12	11	10	9	BELIEVE you can do anything if you set your mind to it. 	
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.