

I	D	E	A	L
Tried 1 new IP food	100% Phase 1 compliant day	Did 1 RedLight Therapy Session	Referred a friend	Journalled daily x 7 days
Booked appt online @ Booksy.com	Took all your supplements today	Lost at least 1 lb this week	100% Phase 1 compliant week	Posted your success story on YIS FB pg.
Set a goal for the month and shared it with Karen	Tried 1 new veggie	FREE	Ate 4c of veggies today	Exercised 4 days in a week
Follow YourIdealSelf on Instagram	Said "NO" to a tempting food	Journalled daily for the whole month	Exercised 30 min. today	Lost 8 pounds this month
Drank 64 oz of water daily x 7 days	Attended 4 weekly appointments	Posted a review of YourIdealSelf online	Tried a new healthy recipe	Complimented yourself on your weightloss

I	D	E	A	L
Tried 1 new veggie	100% Phase 1 compliant week	Referred a friend	Booked appt online @ Booksy.com	Lost at least 1 lb this week
Did 1 RedLight Therapy Session	Tried a new healthy recipe	Journalled daily x 7 days	Attended 4 weekly appointments	Posted your success story on YIS FB pg.
Follow YourIdealSelf on Instagram	Ate 4c of veggies today	FREE	Exercised 4 days in a week	100% Phase 1 compliant day
Exercised 30 min. today	Posted a review of YourIdealSelf online	Tried 1 new IP food	Complimented yourself on your weightloss	Said "NO" to a tempting food
Journalled daily for the whole month	Lost 8 pounds this month	Set a goal for the month and shared it with Karen	Took all your supplements today	Drank 64 oz of water daily x 7 days

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Set a goal for the month and shared it with Karen	Complimented yourself on your weightloss	FREE	Said "NO" to a tempting food	Exercised 30 min. today
Tried 1 new veggie	Posted your success story on YIS FB pg.	Referred a friend	Tried a new healthy recipe	Did 1 RedLight Therapy Session
Exercised 4 days in a week	100% Phase 1 compliant day	Lost at least 1 lb this week	Booked appt online @ Booksy.com	Drank 64 oz of water daily x 7 days