

Check Your #Selfie

This is my "me time"	#FlexFriday	But did you die??..	Out of my comfort zone	I just can't say no to that
500 cal burn workout	Sparkin' up	My go-to snack	#TransformationTuesday	Nutritional Workshop
Snapchat Filter	This probably smells	#SELFIE	#WorkoutWednesday	Handwritten note
I can't live without	Show me your muscles	I dislike this vegetable	Give someone a high 5	My favorite breakfast
Family Fun Day	3 reasons u r proud of u	Never miss a Monday	Workout #3 for the week	8 hours of sleep

Check Your #Selfie

This probably smells	#TransformationTuesday	Out of my comfort zone	500 cal burn workout	My go-to snack
But did you die??..	Workout #3 for the week	I just can't say no to that	3 reasons u r proud of u	Nutritional Workshop
I can't live without	#WorkoutWednesday	#SELFIE	Handwritten note	#FlexFriday
Give someone a high 5	Never miss a Monday	This is my "me time"	8 hours of sleep	Show me your muscles
I dislike this vegetable	My favorite breakfast	Snapchat Filter	Sparkin' up	Family Fun Day

Check Your #Selfie

3 reasons u r proud of u	Never miss a Monday	#TransformationTuesday	My favorite breakfast	#WorkoutWednesday
This is my "me time"	I can't live without	I dislike this vegetable	Sparkin' up	I just can't say no to that
Snapchat Filter	8 hours of sleep	#SELFIE	Show me your muscles	Give someone a high 5
This probably smells	Nutritional Workshop	Out of my comfort zone	Workout #3 for the week	But did you die??..
Handwritten note	#FlexFriday	My go-to snack	500 cal burn workout	Family Fun Day