

weight loss

Tell us 3 positive things about yourself	10 minutes of stretching	45 minutes of cardio	Share a motivational quote	Healthy snack
20 squats	Strength train 10 minutes	Measure your meals for 3 days	15 minutes of decluttering	Share a NSV
Share how you take me time	Try a new recipe	FREE	20 jumping jacks	60 minutes of cardio
Eat 3 servings of fruit and veggies	Share a recipe	Give a summary of your week on Saturday	5 minute dance party	Log food for 3 days
5 minute dance party	20 minutes of cardio	Reach your water goal for 3 days	Weighed and measure all food today	30 minutes of cardio

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Try a new recipe	15 minutes of decluttering	Share a motivational quote	20 squats	Measure your meals for 3 days
45 minutes of cardio	Weighed and measure all food today	Healthy snack	20 minutes of cardio	Share a NSV
Eat 3 servings of fruit and veggies	20 jumping jacks	FREE	60 minutes of cardio	10 minutes of stretching
5 minute dance party	Reach your water goal for 3 days	Tell us 3 positive things about yourself	30 minutes of cardio	Share a recipe
Give a summary of your week on Saturday	Log food for 3 days	Share how you take me time	Strength train 10 minutes	5 minute dance party

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20 minutes of cardio	Reach your water goal for 3 days	15 minutes of decluttering	Log food for 3 days	20 jumping jacks
Tell us 3 positive things about yourself	Eat 3 servings of fruit and veggies	Give a summary of your week on Saturday	Strength train 10 minutes	Healthy snack
Share how you take me time	30 minutes of cardio	FREE	Share a recipe	5 minute dance party
Try a new recipe	Share a NSV	Share a motivational quote	Weighed and measure all food today	45 minutes of cardio
60 minutes of cardio	10 minutes of stretching	Measure your meals for 3 days	20 squats	5 minute dance party