


WHY You're Committed To This

★ FIT IN 40 ★ GOAL TRACKER

M T W T F S S

JAN 1-7							
JAN 8-14							
JAN 15-21							
JAN 22-28							
JAN 29-FEB 4							
FEB 5-11							

		R E S T

 Cheers!!

FIT IN 40

FOLLOW DIET
 20 MIN WALK OUTSIDE
 20 MIN PERSONAL DEV
 WORKOUT DAILY 30-60 MIN
 MAKE BED
 HALF BODY WEIGHT IN WATER