

KEY POINTS POSTER

DO

- Drink water
- Treat yourself
- Self motivate
- One more set
- One more rep
- Stay Focused
- Believe in yourself
- Everything to make your goal

Do the extra today to be ahead tomorrow!

YOU CAN DO THIS



DON'T

- Be tempted
- Give up
- Look for excuses
- Miss a gym session
- Skip a meal
- Cut out carbs
- Believe social media
- Compare yourself to others

Most importantly, don't forget why you're doing this!

TRUST THE PROCESS