

Real Change Real Women

Transformation that sticks!

GREAT JOB SO FAR !!!!

Activity	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Meditation/Prayer												
Gratitude Journaling												
Daily Affirmation												
Weigh Yourself												
1st Workout (20-30 min)												
Take your picture												
Read (20-30 min)												
2nd Workout (20-30 min)												
No Refined Sugar/junk food/soda												
No Alcohol												
Water Intake (one gal. daily)												

Activity	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
Meditation/Prayer												
Gratitude Journaling												
Daily Affirmation												
Weigh Yourself												
1st Workout (20-30 min)												
Take your picture												
Read (20-30 min)												
2nd Workout (20-30 min)												
No Refined Sugar/junk food/soda												
No Alcohol												
Water Intake (one gal. daily)												

WOW! YOU HAVE TOTALLY GOT THIS !!!!!

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Activity	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35	Day 36
Meditation/Prayer												
Gratitude Journaling												
Daily Affirmation												
Weigh Yourself												
1st Workout (20-30 min)												
Take your picture												
Read (20-30 min)												
2nd Workout (20-30 min)												
No Refined Sugar/junk food/soda												
No Alcohol												
Water Intake (one gal. daily)												

ALMOST THERE! YOU'RE AWESOME!!

Activity	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42	Day 43	Day 44	Day 45
Meditation/Prayer									
Gratitude Journaling									
Daily Affirmation									
Weigh Yourself									
1st Workout (20-30 min)									
Take your picture									
Read (20-30 min)									
2nd Workout (20-30 min)									
No Refined Sugar/junk food/soda									
No Alcohol									
Water Intake (one gal. daily)									

YOU DID IT!
WAY TO GO!