



100 Day RockStar!

TRANSFORM YOUR HEALTH AND
HAPPINESS—1 DAY AT A TIME!

WELCOME TO THE CHALLENGE DESIGNED TO ANCHOR
NEW HABITS FOR YOU THRIVE IN 2025.



THIS IS MORE THAN JUST A CHALLENGE—IT'S YOUR
ROADMAP TO A HEALTHIER, HAPPIER, RICHER
VERSION OF YOU.

 contact@lizsmart.com

 lizsmart.com





What's the 100-Day Rockstar Challenge?

- A structured approach to achieving your health and wellness goals
- Daily habits that transform your mind and body
- Expert guidance and a supportive community
- A step-by-step journey to becoming your best self



Take control of your health and happiness in 2025 with tools designed to last a lifetime

Key Benefits

Why Join the Challenge?

- **Build Confidence:** Prove to yourself what's possible
- **Create Lasting Habits:** Transform your health for good
- **Boost Energy:** Feel your best every single day
- **Join a Movement:** Become part of a supportive community

This is your chance to become the healthler, happier, richer version of **YOU!**





Your Daily Commitment

- **Move:** 2x 30-minute workouts (1 must be outdoor)



- **Breathe:** Morning and Evening Meditations



- **Learn:** Read 10 pages of personal development book



- **Hydrate:** Drink Water Daily (your weight ÷ 2 in ounces)



Small, powerful habits that create big, lasting changes

Healthy Lifestyle Choices

You Choose Your Tier:

- Tier 1: No Sugar 
- Tier 2: No Sugar + No Coffee 
- Tier 3: No Sugar + No Coffee + No Alcohol 

***NO CHEAT MEALS**

Pick the level that challenges and inspires you to grow



Support & Accountability

We're Here Every Step of
the Way to Celebrate Your
Wins and Keep You
Motivated



With weekly check-ins, live
monthly workshops and a
community cheering you on.
You'll have the motivation
and guidance you need to
thrive in 2025

Accountability and expert
support, makes the world of
difference in achieving
YOUR success



Flexibility

Miss a Day? No Problem!

- Restart anytime without guilt
- Access tools and support for the entire Year of 2025*
- Celebrate progress, not perfection

The 100-Day Rockstar Challenge works with your life, not against it

*More information will be provided during the live sessions



Q&A

Got Questions? We've Got Answers

1. Can I join anytime?

Yes! Start when you're ready in 2025

2. What if I miss a day?

No worries—you can restart and keep going

3. How do I stay accountable?

Through daily and weekly check-ins, live workshops, and community support

We're here to support your succeed—reach out anytime!



RockStar Transformation in 2025

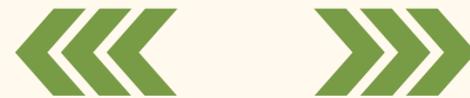
30-Day Starter Challenge

A short-term commitment with big results

\$297 USD

[CLICK HERE TO PAY \\$297 USD](#)

Choose the Challenge that Best Suits You



100-Day Rockstar Challenge

Full access to workshops, tools, and support for the year.

\$997 USD

[CLICK HERE TO PAY \\$997 USD](#)



Take first step toward healthier, happier richer**YOU!**

Restful Rejuvenating Sleep is Vital



If you are struggling with sleep, it can significantly impact your mood, energy, and physical health. Key factors in achieving your goals. Prioritizing sleep is not just about rest, its about renewal

Consider these tips to improve your sleep hygiene:

- Create a calming bedtime routine, like reading or meditating
- Keep your sleep environment quiet, calm, dark and cool
- Got to bed and wake up at the same time every day t train your body's rhythm

By improving your sleep you will wake up more energized and ready to crush the **100-Day Rockstar Challenge !**

Ready to Begin Your 100-Day Rockstar Journey?

Let's Get You Started!

- 1. Pick Your Tier:** Choose the level that challenges and inspires you—Tier 1, 2, or 3
- 2. Commit to Your Journey:** Review the daily habits we've outlined—move, breathe, learn, and hydrate—and set yourself up for success
- 3. Join the Community:** Become part of our Facebook Group to connect, stay accountable, and find inspiration
- 4. Start Strong:** Take Day 1 as a fresh start. Consider taking a Day 1 progress picture—it's a great way to celebrate how far you've come!



Remember, it's about progress, not perfection!
You've got this—your Rockstar transformation starts now!



This Challenge is for Everyone

No matter where you're starting from—the 100-Day Rockstar Challenge is designed for every body, every level, and every goal. Whether you're looking to build strength, feel more energized, or simply create habits that last a lifetime, this is your space to grow

You are welcome here, just as you are
Let's thrive together!

Ready to begin your RockStar journey?

Lets get started!

Thank you for exploring the
100-Day RockStar
Challenge. Your journey to a
Healthier Happier Richer life
starts now. Let's make these
100 days your most
transformative yet. I'm here
to support you every step of
the way.

**Sending You, Yes YOU LOVE,
Liz Smart**



• Here's how to join and connect:

Sign up: Secure your spot in the challenge today by choosing the option that works best for you: \$297 for 30Days or \$997 for 100 Days

[\\$297](#)

[\\$997](#)

• Have questions or need a payment plan?

Flexible payment plans are available. Contact Liz and her team to discuss options.

[BOOK A CALL](#)

• Join the community:

Once you've sign up, you'll get access to our vibrant Facebook Group for daily support, accountability, and connection.

[JOIN GROUP](#)



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