



January
28 DAY

NEW YEAR, NEW YOU
WORKBOOK

“You don’t have to lose loads of weight to see the benefits.

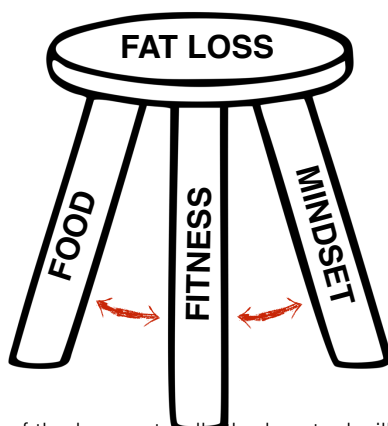
Losing just 5% of your starting weight lowers your cholesterol, reduces your risk of heart disease, stroke & diabetes and may even improve your sleep and energy levels too.

In our research, people who focused on simply losing the next 5% succeeded in 97% of cases. People who focused on losing more only succeeded 40% of the time. ”

*- Samuel Klein,
Director Of Washington University Centre Of
Human Nutrition*

The Foundations Of Successful & Sustainable Weight Loss

When it comes to successful and sustainable weight loss there are 3 foundational areas you need to be proficient in. They are: food, fitness/movement & mindset.



If you take away any one of the legs naturally the barstool will topple. Maybe not initially but eventually it will. It's exactly the same with weight loss.

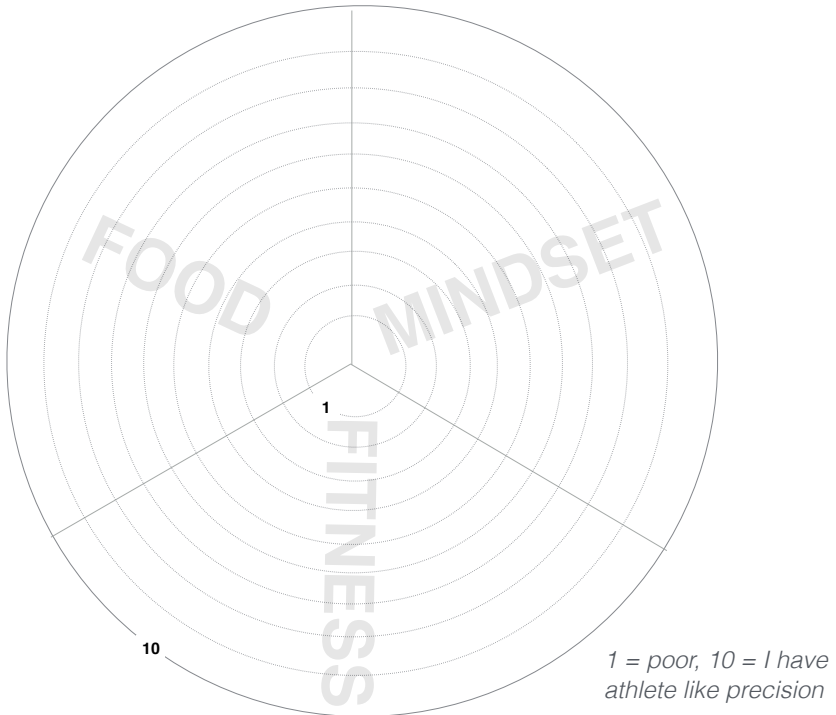
Forcing yourself to stick with a diet you don't enjoy can work but eventually you'll be excited to stop dieting. Forcing yourself to do workouts you hate can work but eventually you'll want to stop. Trying to make changes to your food or fitness without addressing the daily stresses in your life that affect your mindset (i.e. lack of sleep, etc) will make everything much much harder.

Hopefully this makes sense to you.

So rather than blindly dive head first into a new plan for you, we're first going to take some time to consider what's worked for you in the past and what hasn't. This is critical because it helps you avoid the same mistakes over and over allowing you to move forwards faster.

The Weight Loss Wheel

How would you rate your daily habits in the 3 foundational areas of food, fitness/ movement & mindset?

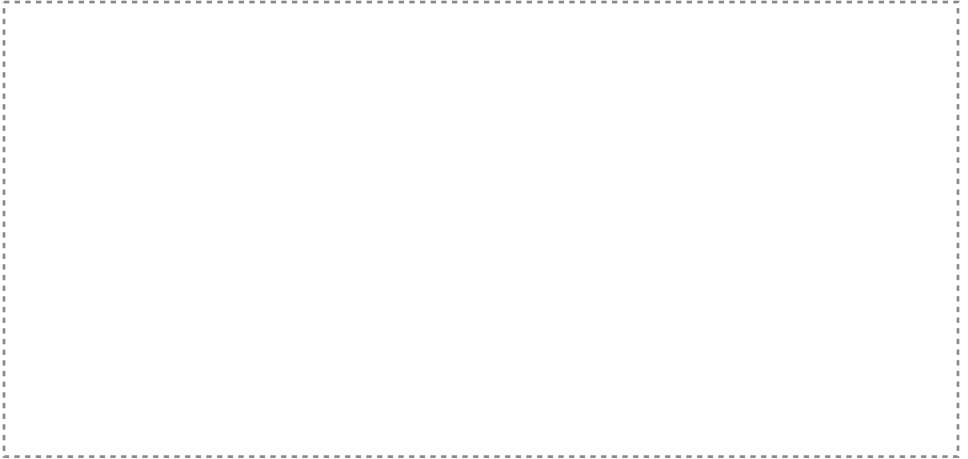


What Lessons / Insights Can You Gain From This To Help You Move Forwards? *consider why your scores are the way they are (without judgment)*

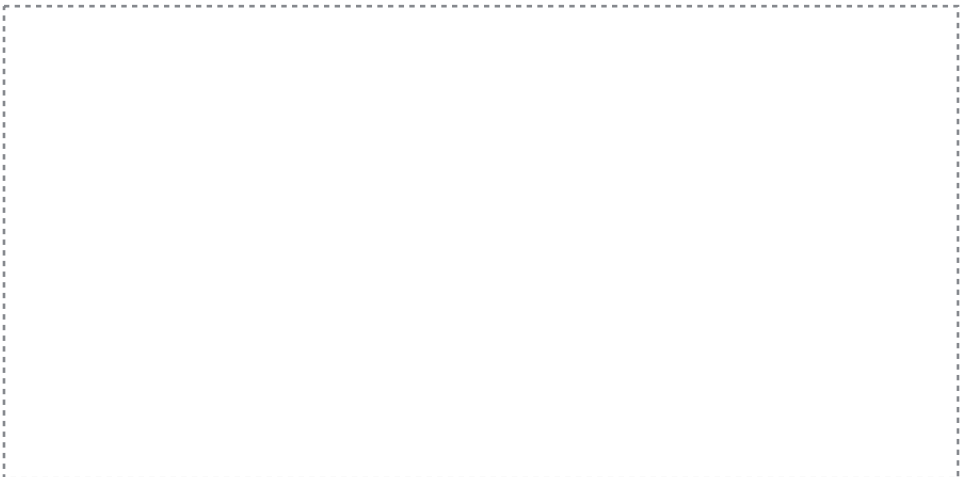
Whats Your Story?

Your weight, your health and fitness affect everything and in every part of your life. Here you'll get clear on where you're at currently and where you want to be.

How Does Your Weight/Body Image/Fitness Currently Affect Your Day To Day Life?

A large, empty rectangular box with a dashed border, intended for the user to write their response to the question about how their weight/body image/fitness affects their daily life.

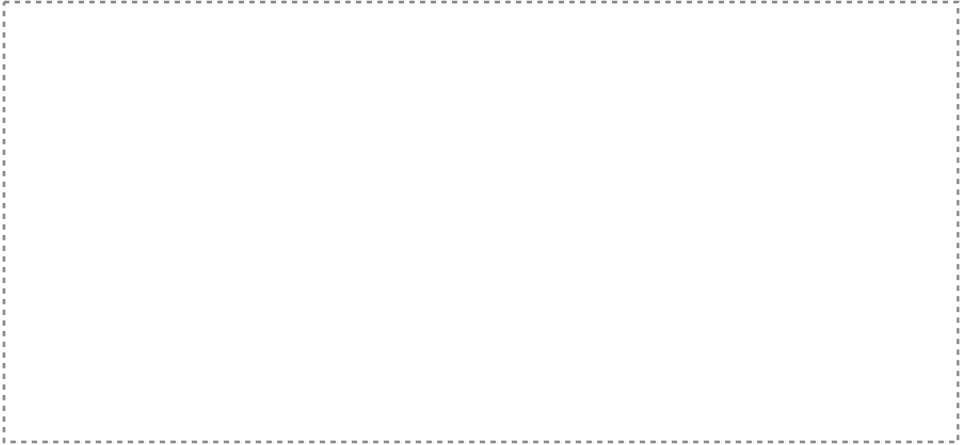
How Does Your Weight/Body Image/Fitness Currently Affect Your Family (partner, kids, etc)?

A large, empty rectangular box with a dashed border, intended for the user to write their response to the question about how their weight/body image/fitness affects their family.

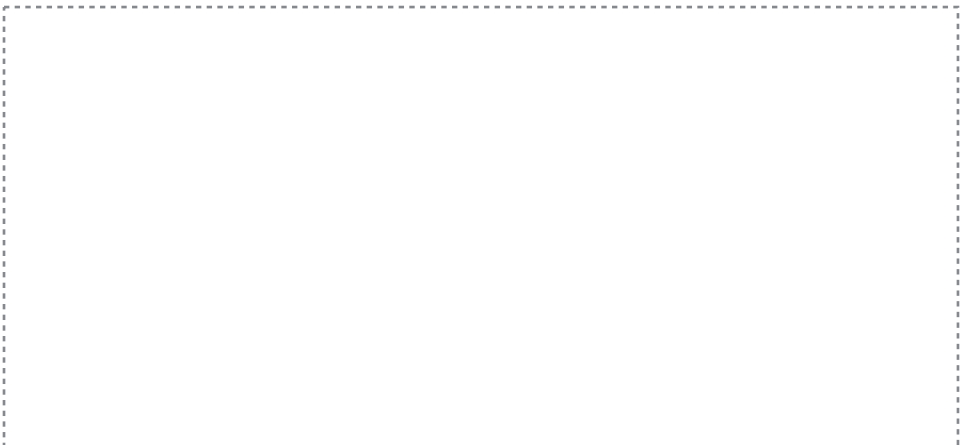
Whats Your Story?

Your weight, your health and fitness affect everything and in every part of your life. Here you'll get clear on where you're at currently and where you want to be.

How Does Your Weight/Body Image/Fitness Currently Affect Your Professional Life?

A large, empty rectangular box with a dashed border, intended for the user to write their response to the question about how their weight/body image/fitness affects their professional life.

How Does Your Weight/Body Image/Fitness Currently Affect Your Relationship With Your Significant Other?

A large, empty rectangular box with a dashed border, intended for the user to write their response to the question about how their weight/body image/fitness affects their relationship with their significant other.

Re-Write Your Story

Think about 3, 6 or 12 months from now. What do you want your life to look like?

Its super powerful to write this in the context of a story because our brains engage and remember stories more easily.

i.e. Its 12th December. Christmas is looming. Normally I'd be worried about the weight I'm about to put on but this time, I feel calm and confident. I've worked hard up to this point and have improved my habits as well as my mindset. I've lost X amount of weight and know what I need to do to keep things in balance. I know the hard work has paid off because I can wear that size Y dress again. My husband/partner told me I look amazing. And I don't feel tired running after the kids anymore.

Whats Your Story 3, 6, 12 Months From Now? And How Does Your Weight / Fitness / Body Image Play A Role?

consider: your family life, work life, mental health, body image, emotional well-being etc.

A large dashed rectangular box, intended for the user to write their story within. It occupies the lower half of the page.

What Benefits Do You Want To Experience By Losing Weight?

Check off all the benefits you want to experience as a result of losing weight. Use the empty spaces to fill in the benefits that are specific to you. Then at the side, rate how important these are to you from 1 = not important to 10 = extremely important.

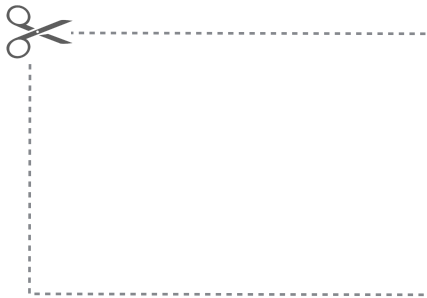
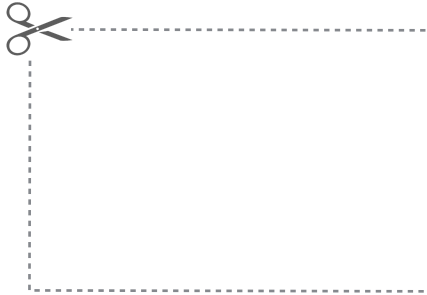
Benefits Of Losing Weight	Importance 1 - 10
☐	
☐	
☐ I'll look better	
☐ I'll be/feel more attractive to others	
☐ I'll be able to wear smaller size clothes	
☐ I'll be able to wear more stylish clothes	
☐ I'll be happier when I look in the mirror	
☐ I won't feel self conscious	
☐ I'll get more compliments	
☐ I'll be in better health	
☐ I'll be able to exercise/move without discomfort	
☐ I'll live longer	
☐ I'll feel better physically	
☐ I'll have more energy	
☐ I'll be more physically fit	
☐ I'll enjoy sexual intimacy more	
☐ I'll feel like myself again	
☐ I'll feel more in control	
☐ I'll feel as if I've accomplished something important	
☐ I'll feel more confident	
☐ I'll be less self critical	
☐ I'll feel more outgoing	
☐ I'll do more things (like going swimming)	
☐ I won't have to listen to family commenting on my food	
☐ I'll be more assertive	
☐	
☐	
☐	
☐	

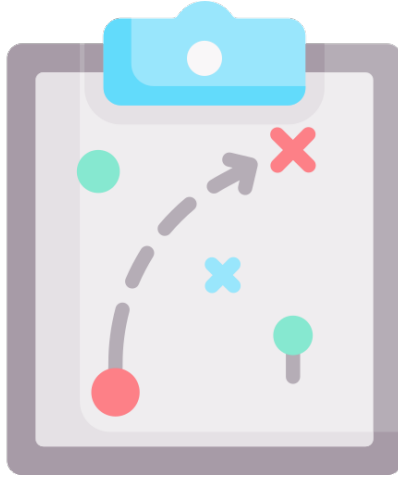
Which Benefits Are Most Important To You?

The benefits you just said were important to you, take the most important 3-5 and write them in the space provided below.

Then cut out those benefits from this page and keep them in a place where you can see them every day, preferably multiple times per day. Set a reminder on your phone if you think you'll forget.

This may sound odd and unusual, but its a technique created by the same researchers that created CBT. Its proven to more than double the chances of you succeeding.





YOUR **PLAN** OF ACTION

“Having a plan in place ahead of time more than doubles the chances of succeeding, regardless of the actual goal itself.”

*- Peter Gollwitzer,
Psychologist & Behavioural Researcher, New York University*

Your Personalised Plan Of Action Starts Here

Now its time to put all of those lessons, insights & realisations from the previous section into action.

STEP #1

What Specific Outcome Would You Like To Achieve In The Next 28 Days?

As it relates to your weight, body image, fitness etc. Its important this is realistic in the time frame otherwise this will backfire.

STEP #2

Imagine You've Achieved Your Goal, Whats The Best Possible Outcome That Would Result From Achieving That Goal?

How would you feel? What changes in your day to day life?

Your Personalised Plan Of Action Starts Here

Now its time to put all of those lessons, insights & realisations from the previous section into action.

STEP #3

What Personal Obstacles Have Stopped You From Achieving This Already? Whats Standing In The Way Between You & Your Goal?

Don't overwhelm yourself with too many. You can't fix everything all at once.

STEP #4

Make A Plan For Overcoming Your Obstacle(s).

Use the structure: If/When...[insert obstacle]...,Then I Will...[action]

EXAMPLE: If/When...its Sunday morning...,Then I Will...invest 5 minutes to plan the coming week's food menu so I don't have to rely on willpower

Lets Get You Prepared To Start

Before you dive in, here's a checklist to make sure you've got everything in place first (which will make it easier to get started & stay on track.

Use the blank spaces to add anything thats specific to you.

- ☐ Read and understood the foundations of weight loss (at the start of this workbook)
- ☐ Completed the weight loss wheel
- ☐ Completed the benefits exercise & created your personalised cut out card
- ☐ Completed steps 1, 2, 3 and 4 of your personalised action plan
- ☐ Planned your nutrition in advance using our nutrition system (you can always deviate as you go, if you need to)
- ☐ Planned your training sessions in your diary ahead of time

Is There Anything Else You Can Do NOW That'll Make It Easier To Start?

☐☐☐☐☐



DAY BY DAY

GAME PLAN

DAY 1

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

“You Will Perform Better, Make Better Decisions + Have A Better Body When You Get The Sleep You Require.”

- Shawn Stevenson

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 2

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

**“I’ve Missed More Than
9,000 Shots In My
Career. I’ve Lost
Almost 300 Games. 26
Times I’ve Been
Trusted To Take The
Winning Shot & Failed.
I’ve Failed Over and
Over In My Life. And
That Is Why I Succeed.
”**

- Michael Jordan

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 3

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

“There Are Better Starters Than Me But I’m A Strong Finisher. ”

- Usain Bolt

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 4

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

**“If You Don’t Look
After Your Body You
Will Have Nowhere To
Live.”**

- Jason Vale

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 5

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

**“Don’t Be Disheartened
If You Have Setbacks;
Instead Learn From
Them & Always
Celebrate Any
Success. Remember:
You Always Have A
Choice.”**

- Professor Steve Peters

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 6

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

“Wether You Think You Can, Or You Think You Can’t - You’re Right.”

- Henry Ford

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 7

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

**“People Are Not
Disturbed By What
Happens, But By What
They Think About What
Happened.”**

- Epictetus

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

END OF WEEK REVIEW

Remember the Fundamentals: Food, Fitness & Mindset (Focus + Psychology)?

EXECUTION SCORE FOR THE WEEK:..... / 28

WHAT WORKED WELL?

WHAT NEEDS IMPROVING?

“NEVER GIVE IN, NEVER GIVE IN, NEVER, NEVER, NEVER.”

- Sir Winston Churchill



END OF

WEEK 1

HOW'D YOU DO?

DAY 8

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

**“What You Do Every
Day Matters More Than
What You Do Once In A
While.”**

- Gretchen Rubin

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 9

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

**“Any Reasonable Diet
Will Work For You If
You Have The Right
Mindset. ”**

- Dr Judith Beck

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 10

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

“Incredibly, Successful People Set A Goal Then Focus Entirely On The Day To Day Process To Achieve That Goal.”

- Jeff Haden

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 11

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

**“Goal-Orientated
People Exist In A State
Of Continuous Pre-
Success Failure.
Process Orientated
People Succeed Every
time They Apply Their
Process.”**

- Scott Adams

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 12

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

“Take Care Of The Fundamentals And You’ll Approach Each Day Calm, Focused & Energised. Neglect Them And You’ll Be In A Constant State Of Stress, Fatigue & Brain Fog. ”

- Patrik Eblad

PLANNED YOUR FOOD?

- ☐ I’VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 13

☐

FOOD PLANNED?

☐

BEEN ACTIVE TODAY?

☐

5MINS+ MEDITATION?

☐

CHECKED IN WITH YOUR
BENEFITS CARD?

SCORE:..... / 4

**“A Worthwhile Goal
Needs To Have
Emotional Attachment”**

*- Ben Hunt-Davies, Olympic
Athlete*

PLANNED YOUR FOOD?

☐

I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 14

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

“The Reality Is That Planning Is Some Of The Most Productive Time You Can Have.”

- Brian P. Moran

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

END OF WEEK REVIEW

Remember the Fundamentals: Food, Fitness & Mindset (Focus + Psychology)?

EXECUTION SCORE FOR THE WEEK:..... / 28

WHAT WORKED WELL?

WHAT NEEDS IMPROVING?

**“SUCCESS IS NOTHING MORE THAN A FEW SIMPLE
DISCIPLINES, PRACTICED.”**

- Jim Rohn



END OF
WEEK 2
HOW'D YOU DO?

DAY 15

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

**“Fitness Needs To Be
Approached As Fun &
Games Or We
Subconsciously Avoid
It.”**

- Alan Thicke

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 16

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

**“Between Stimulus
& Response Is A
Space. In The Space
Is Our Power To
Choose Our
Response. In Our
Response Lies Our
Growth & Freedom.”**

*- Viktor Frankl,
Auschwitz Survivor*

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 17

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

**“We Are, Each Of Us, A
Product Of The Stories
We Tell Ourselves.”**

- Derren Brown

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 18

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

“When Eating & Being Active Become Something We Should Do Rather Than Something We Want To Do, This Undermines Motivation. ”

- Michelle Segar, PhD

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 19

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

**“When You Sleep This
Is When Your Body
Releases All Of The
Beneficial Hormones
So You Wake Up Better
Than Before.”**

- Shawn Stevenson

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 20

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

**“What You Put Into
Your Body (Nutrition) +
What You Do With Your
Body (Fitness) - Are
The Same For Being
Happy. ”**

- Will Bowen

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 21

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

**“Achieving Your Goals
Is About Accepting
Ownership Of Your
Future & Actions
Rather Than About
Fantasies.”**

- Craig Ballantyne

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

END OF WEEK REVIEW

Remember the Fundamentals: Food, Fitness & Mindset (Focus + Psychology)?

EXECUTION SCORE FOR THE WEEK:..... / 28

WHAT WORKED WELL?

WHAT NEEDS IMPROVING?

“FOCUS ON WHAT YOU WILL DO NOT WHAT YOU WON’T DO”

- Heidi Halvorson



END OF
WEEK 3
HOW'D YOU DO?

DAY 22

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

**“If You Want Success,
Figure Out The Price,
Then Pay It.”**

- Scott Adams

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 23

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

**“Consistent Action On
The Critical Tasks
Needed To Reach Your
Goal Is The Key To
Getting What You Want
In Life. ”**

- Brian P. Moran

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 24

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

**“If We Don’t Assume
More Conscious
Control Of Our Stories,
Others Will Write Them
For Us. ”**

- Derren Brown

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 25

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

“Remind Yourself How You’ll Feel After You’ve Finished Exercise NOT How You Feel Now. The Hardest Part Is Getting Started.”

- Dr Judith Beck

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 26

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

**“Success Is Defined By
Our Effort To Do
Everything In Our
Power. Wether We Hit
The Target Or Not. We
Succeed Or Lose In
The Process.”**

- Jonas Salsgeber

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 27

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

“The Key Is Not The Diet. Its Your Ability To Stick With The Diet Until You’ve Achieved Your Goal.”

- Martin Meadows

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:

DAY 28

- ☐ FOOD PLANNED?
- ☐ BEEN ACTIVE TODAY?
- ☐ 5MINS+ MEDITATION?
- ☐ CHECKED IN WITH YOUR BENEFITS CARD?

SCORE:..... / 4

**“Its When You Switch
From The Goal
Orientated To The
Process Orientated Life
When The Magic
Happens. ”**

PLANNED YOUR FOOD?

- ☐ I'VE PLANNED IN THE APP

BREAKFAST:

LUNCH:

SNACKS:

EVENING MEAL:



END OF

WEEK 4

HOW'D YOU DO?

END OF CHALLENGE REVIEW

Remember the Fundamentals: Food, Fitness & Mindset (Focus + Psychology)?

SCORE FOR THE FINAL WEEK:..... / 28

WHAT WORKED WELL?

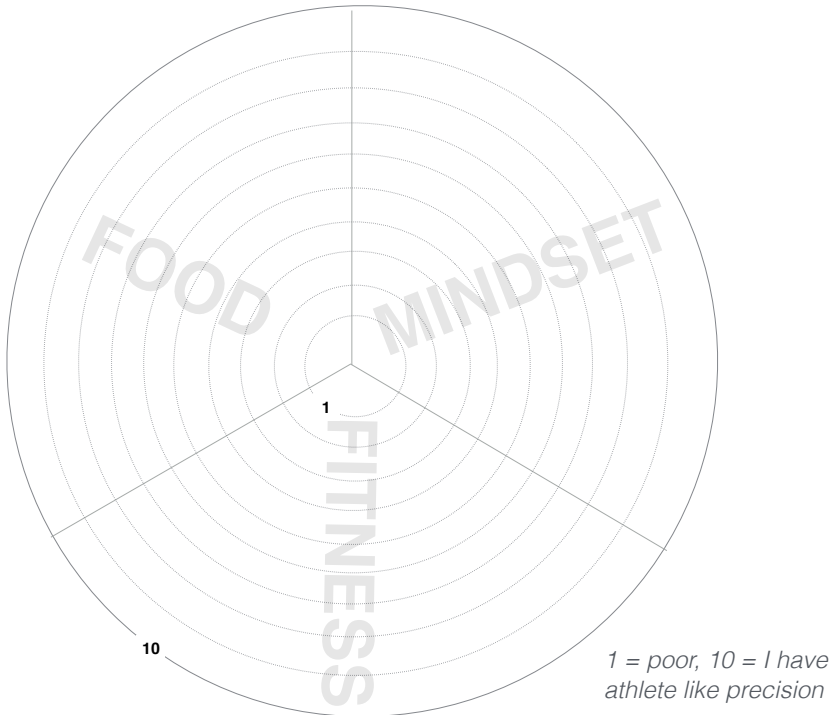
WHAT NEEDS IMPROVING?

“IF YOU WANT TO BECOME THE WINNER YOU WERE BORN TO BE, ITS GOING TO TAKE CHANGING YOUR DAILY ACTIONS UNTIL THEY BECOME A HABIT.”

- Zig Ziglar

The Weight Loss Wheel

Now you've finished your first 28 days with us, rate yourself in each of the core areas. Have you improved?



What Lessons / Insights Can You Gain From This To Help You Move Forwards? *consider why your scores are the way they are (without judgment)*



END OF
CHALLENGE
HOW'D YOU DO?