

Day 5

THREE MISTAKES MOST PEOPLE MAKE WHEN TRYING TO GET HEALTHY & LOSE WEIGHT



Action Guide

1. MISTAKE #1 - YOU DON'T _____ YOURSELF

Solution: _____

ACTION STEPS:

- 1.
- 2.
- 3.

2. MISTAKE #2 - YOU DON'T _____ YOURSELF

Solution: _____

ACTION STEPS:

- 1.
- 2.
- 3.

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3. MISTAKE #3 - YOU DON'T _____ YOURSELF

Solution: _____

ACTION STEPS:

- 1.
- 2.
- 3.

DAY 5 - ACTION STEPS

1. COMPLETE THIS ACTION GUIDE

Fill in this guide during our Masterclass!

2. POST UNDER TODAY'S GRAPHIC

Under today's graphic post your goals to get healthy in the next 90 days. This can be scary as you declare to the world what you want your life to look like in the next 90 days but this is an important step in reaching your goals

3. CELEBRATE YOUR SUCCESS WITH THE HEALTHY WEIGH SCORECARD

Now head on over to Facebook and post a photo of your completed scorecard. We will raffle off some great prizes on

*Thank you for joining the Healthy Weigh Challenge!!
I loved having you on the journey!*

