

“45 For LIFE”

45 Days - 8 Tasks - Change Your Life

Worthy Goals: (Look at your goals daily)

Eat Healthy: (Diet of your choice just stick with it)

Train: (Exercise/Move at least 30 minutes a day)

Help Others: (Help someone everyday)

Read: (10 pages a day)

Ingest Water: (Women 80 oz's/ Men 100 oz's minimum daily)

Visualize: (Visualize the person you want to be 3 times a day)

Eliminate Alcohol: (No sippy sippy)