

# HONEY WE'RE HEALTHY 30-DAY FITNESS CHALLENGE

*#HWHFitnessChallenge*

My Why :

## EXERCISE

**20 minutes every.single.day**

## FOOD

**NO desserts • NO fried food • NO alcohol**

*Allow yourself one "cheat day" each week*

**DRINK 64 oz. of water a day**

## WELLNESS

**Meditate • Pray • Gratitude Journal**

**Get adequate sleep**

*Success doesn't come from what you do occasionally.  
It comes from what you do consistently.*