

# HONEY WE'RE HEALTHY

## 30-DAY FITNESS CHALLENGE

#HWHFitnessChallenge

My Why :

### EXERCISE

20 minutes per day / 6 days a week

### 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.*