

HONEY WE'RE HEALTHY

30-DAY FITNESS CHALLENGE

#HWHMove20

MY WHY

I'M DOING THIS CHALLENGE BECAUSE

EXERCISE

I WILL EXERCISE 20 MINUTES A DAY / 6 DAYS A WEEK

FOOD

I WILL EAT NON-PROCESSED, HEALTHY MEALS
NO FRIED FOOD * NO ALCOHOL

*Allow yourself one "cheat day" each week

DRINK 64 OZ OF WATER A DAY

WELLNESS

MEDITATE * PRAY * JOURNAL * GET ADEQUATE SLEEP

The way to get started is to quit talking and begin doing.

Never give up on a goal just because of the time it will take to accomplish it. The time will pass anyway.

YOU CAN DO IT