

# toned body

C H A L L E N G E

## CHALLENGE PREP WEEK

It's a new year and we're swapping resolutions for GOALS! So, before we dive into the 30 Day Toned Body Challenge write down 3 realistic, actionable goals you have for yourself this month and how you will make it happen!

### GOAL FOR MY BODY:

This month I will \_\_\_\_\_(goal). In order to do that I need to do \_\_\_\_\_  
\_\_\_\_\_ (fill in with daily habits) every day.

### GOAL FOR MY NUTRITION:

This month I will \_\_\_\_\_(goal). In order to do that I need to do \_\_\_\_\_  
\_\_\_\_\_ (fill in with daily habits) every day.

### GOAL FOR MY MIND:

This month I will \_\_\_\_\_(goal). In order to do that I need to do \_\_\_\_\_  
\_\_\_\_\_ (fill in with daily habits) every day.



Snap a pic and share this on your LSF instagram stories! Make sure you tag **@lovesweatfitness + @teamlsf** so we can help hold you accountable!