

Commit To Be Fit

BE HEALTHY

28 days

PROGRAMME

Stick it on the fridge and keep yourself motivated.

Goal:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

How did your overall healthy lifestyle improve?