






# 2021 challenge

## GOAL CHART

<p>I will be committed. I will be dedicated. I WILL DO MY BEST.</p> 		100	99	98	97	96	95	94	93
		92	91	90	89	88	87	86	85
84	83	82	81	80	79	78	77	<p>I will end this month <b>HEALTHIER</b> than ever before</p> 	
76	75	74	73	72	71	70	69		
68	67	66	65	64	63	62	61	60	59
58	57	56	55	54	<p>My goal this month is <b>TO SMASH MY GOAL</b> for this month</p> 		53	52	51
50	49	48	47	46			45	44	43
42	41	40	39	38	37	36	35	34	33
<p>That was <b>THEN</b>. This is <b>NOW</b>.</p> 		32	31	30	29	28	27	26	25
		24	23	22	21	20	19	18	17
16	15	14	13	12	11	10	9	<p><b>BELIEVE</b> you can do anything if you set your mind to it.</p> 	
8	7	6	5	4	3	2	1		

Take part in the 28 Day Weight Loss Challenge! Join 100,000's of mums in the ONLY program designed to empower you to live a healthier life.