

The 28 Day Total Body REBOOT Challenge

MY 28 DAY GOALS

HABIT #1
DRINK ZERO
CALORIE
BEVERAGES

HABIT #2
ADD A
GREEN SMOOTHIE
OR VEGGIES

HABIT #3
SWAP OUT
THE "WHITE
STUFF"

HABIT #4
DITCH
THE DAIRY

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My Top 3 Goals for the Next 28 Days are:

Goal #1

Goal #2

Goal #3

I, _____, commit to following the habits for the 28 Day Total Body REBOOT. I will do my best to follow the daily habits and follow through on my commitment to myself to complete the challenge.

Sign:

Date:.