



Beautiful from the Inside Out

Reverend Julie Renee



Day Seventeen

My Body Loves Meditation!

I am strong, healthy, and vibrant.

I make wise choices as I create my best self.

Yes! Yes! Yes!

Meditation and focused awareness for the day

Legs and Thighs

Enjoy the changes you are experiencing.

Meal Plan and Nutritional Supplements

breakfast	10 am	lunch	3pm	supper	Tea/water

Notes to Self

Use this space to acknowledge accomplishments and document my new choices

- 1.
- 2.
- 3.

Record Your Exercise activity and time