



# 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*