### 21-DAY CHALLENGE

# Back on Irack

### CHALLENGE WORKBOOK



EATING STRUCTURE



TRACKING SHEETS



**ADDITIONAL** RESOURCES

# WELCOME



Hi There.

WELCOME TO THE BACK ON TRACK 21-DAY CHALLENGE!

After struggling with my own regain and feeling uncomfortable in my skin for years, I finally decided to do something about it. What started as a quest to conquer my mindset and insecurities has turned into a system that has helped thousands of my clients step into who they really are and confidently show up in their lives like never before to win against regain!

Let's do this together!



### KICKOFF CHECKLIST

- ✓ DOWNLOAD THE WORKBOOK.
- DOWNLOAD THE KAJABI MOBILE APPLICATION.



- JOIN THE FACEBOOK GROUP FOR THIS SPECIFIC CHALLENGE.
- REVIEW THE SCHEDULE. ADD THE WEEKLY CALLS TO YOUR CALENDAR TO ATTEND IN PERSON.
- CHECK YOUR EMAIL DAILY FOR YOUR LESSONS AND TASKS AND THE FACEBOOK GROUP FOR SUPPORT AND ENOURAGEMENT.

### THE WINNING PLEDGE

What does Back on Track mean to you? This is important because if it means pouch resets or deprivation diets, then we need to work on changing that first. Deprivation is linked to the "diet mentality" in which we had surgery to NEVER diet again. Diets usually end in failure, which may be why you are in this Back on Track Challenge.

I am going to ask you to make a winning pledge to yourself. In this challenge, we shift our mentality from "dieting" to living ... to healthy living!

I will honor myself and my healthy living goals by agreeing to fully participate in the Back on Track challenge with Tosha and my fellow back on track(ers).

#### To get the best results possible, I promise to:

- Make my health and happiness a priority in my life.
- Modify my eating habits to include more lean protein, fruits and vegetables, and less processed foods.
- Exercise a minimum of \_\_\_\_\_ minutes per week.
- Reach out to my fellow winners whenever I am struggling.
- Help my fellow winners by offering support and encouragement.

#### I understand and believe that:

- This is a process that won't happen overnight.
- I am worth the efforts required to reach my goals.
- I will think like my future self because I deserve the life of my dreams.
- I am solely responsible for obtaining my goals.
- I am going to be so proud of myself that I won't be able to stop smiling.

#### I WILL succeed this time because...

By signing belo	I commit to myself to live a healthier and happier lifestyle.	
Date:	Signature:	

### FREQUENTLY ASKED QUESTIONS (FAQS)

### I already have the Kajabi mobile application downloaded, do I need to register for the challenge?

No. Your challenge is automatically loaded into your profile. You may need to refresh the mobile appliction for updates.

#### Do I have to print the workbook?

No. You can either print or keep it in digital form.

### How do I watch the replays from the weekly coaching calls?

After each call, the replay will be uploaded into the mobile app for viewing within 24 hours. Keep in mind, all replays and lessons are viewable during the challenge only and are taken down when the challenge ends.

### How do I go back and view something and catch up if I missed a day?

In the mobile application toggle to the lesson you missed and complete it. All material in the mobile app are viewable until the end of the challenge.

# Challenge Rules

No one likes rules, I understand! After all, you had weight-loss surgery isn't that enough?

Look, if you want to lose this regain without stalling or feeling like you are failing your "tool", then these rules will become the way of your bariatric life for life!

If at any point you are not losing weight come back to these rules. You have probably broken one or more! So, you get right back on track with the next healthy meal!

Remember getting back on track does not last forever....Once you have dropped all the regain or all the weight you want to lose, you can relax about the rules a bit!

### Challenge Rules

- Eat to the Winner's Plate
- Sleep 7-8 hours per night
- · Drink at least 64 ounces of water daily
- No alcohol.
- No added sugar (candy, sweets, etc.)
- No sugary drinks (soda, sweet tea, lattes, etc.)
- Limit coffee to 2 cups per day
- Limit eating out
- No drinking 30 minutes before or after a meal.
- Do not eat past 7 pm (unless medically necessary)

### Weigh Yourself Daily

You are going to resist this one the most. The scale is your first line of defense. It is going to tell you how you are doing or if you need to make some adjustments. It will also keep you honest! If you know you have to record your weight every day, you will think twice about your choices!

- Take your weight every morning. Go potty. Strip naked. Weigh yourself before you eat or drink anything.
- Record your weight on your tracking sheet or in the Lose it App each morning!

### Daily Tracker

Tracking your sleep, water and weight on a daily basis can give you valuable insight of what is working vs. what's not - giving you the power to make healthy changes to improve during this challenge.

<b>DAY 1</b> WEIGHT: WATER: SLEEP:	<b>DAY 2</b> WEIGHT: WATER: SLEEP:	DAY 3 WEIGHT: WATER: SLEEP:
DAY 4 WEIGHT: WATER: SLEEP:	<b>DAY 5</b> WEIGHT: WATER: SLEEP:	DAY 6 WEIGHT: WATER: SLEEP:
<b>DAY 7</b> WEIGHT: WATER: SLEEP:	DAY 8 WEIGHT: WATER: SLEEP:	DAY 9 WEIGHT: WATER: SLEEP:
DAY 10 WEIGHT: WATER: SLEEP:	<b>DAY 11</b> WEIGHT: WATER: SLEEP:	<b>DAY 12</b> WEIGHT: WATER: SLEEP:
<b>DAY 13</b> WEIGHT: WATER: SLEEP:	<b>DAY 14</b> WEIGHT: WATER: SLEEP:	<b>DAY 15</b> WEIGHT: WATER: SLEEP:
<b>DAY 16</b> WEIGHT: WATER: SLEEP:	<b>DAY 17</b> WEIGHT: WATER: SLEEP:	<b>DAY 18</b> WEIGHT: WATER: SLEEP:
DAY 19 WEIGHT: WATER: SLEEP:	<b>DAY 20</b> WEIGHT: WATER: SLEEP:	DAY 21 WEIGHT: WATER: SLEEP:

### Task Tracker

The 21-day challenge Task Tracker is designed to help you stay accountable and on track. Each day, it guides you to complete key tasks, from nutrition to hydration. By marking off these tasks daily, you can clearly see your progress and stay committed to getting back on track Some may be checked off early.

DAY 1	DAY 2	DAY 3	
Map out todays meals according to the eating structure.	Design your daily action plan.	Estimate the caloric value of each meal.	
DAY 4	DAY 5	DAY 6	
Aim to incorporate protein in every meal.	Calculate how many grams of fiber you consumed today.	Add a new healthy fat source to your meal.	
DAY 7	DAY 8	DAY 9	
Explore a packaged item's nutrition label at home.	Step onto the scale with purpose.	Pinpoint three NSVs from the past week.	
DAY 10	DAY 11	DAY 12	
Choose one way to level up your food and one for hydration.	Monitor your water intake.	Record all the beverages you consume today.	
DAY 13	DAY 14	DAY 15	
Reflect on a past event where you indulged.	Calculate how many grams of sugar you consumed today.	Plan your meals for the next three days and prepare one in advance.	
DAY 16	DAY 17	DAY 18	
Prepare a healthy protein snack box from the eating structure.	Start a bedtime routine tonight.	Identify a common excuse that's been holding you back.	
DAY 19	DAY 20	DAY 21	
Identify a challenge you faced and overcame these past two weeks.	Reflect on a setback. Ident <del>ify</del> the lesson it offered and one action you'll take.	Celebrate your commitment and individual achievements.	

### Habit Tracker

### Pick 1-2 habits you would like to track during the challenge.

If you want to stick with a good habit for good, one simple and effective thing you can do is keep a habit tracker. A habit tracker is a simple way to measure whether you did a habit.

1       2       3       4       5       6       7       1.         8       9       10       11       12       13       14       2.         15       16       17       18       19       20       21       3.         4.       4.	H A B I T	ACTION STEPS
	8 9 10 11 12 13 14	2

1     2     3     4     5     6     7       8     9     10     11     12     13     14       15     16     17     18     19     20     21	НАЕ	3 I T : <b>_</b>				
	1 2	3	4	5	6	7
15 16 17 18 19 20 21	8 9	10	11	12	13	14
13 10 17 10 13 20 21	15 16	17	18	19	20	21

1
2
3
4
ACTION STEPS
1.
2
3

# The Eating Structure

**RULES** 

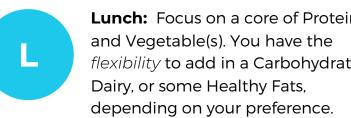
Adhere to the meal structure as outlined on pages 2 and 3, ensuring a balanced and nutritious approach to each meal following the specified guidelines for food categories and beverage timing.

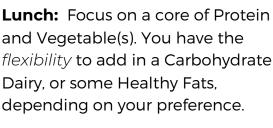
Do not drink 30 minutes before a meal or 30 minutes after ensuring optimal stomach capacity for food nutrients and maximizing nutrient absorption.



B

**Breakfast:** Start your day with a combination of Protein and either Fruit or a Carbohydrate. Feel free to include Dairy or Healthy Fats if you like, to round out your breakfast.





**Dinner:** Focus on a core of Protein and Vegetable(s). You have the flexibility to add in a Carbohydrate, Dairy, or some Healthy Fats, depending on your preference.



Snacks: If you feel the need for a snack, opt for 1-2 choices rich in protein each day. This can help in keeping hunger at bay and ensuring adequate protein intake.





# Meal Guidelines

For each meal, choose options from at least **two** different categories. You do not need to include every category in each meal/snack, but aim to have a variety from each over the course of the day.

#### 5-8 MONTHS

**Protein:** 2-3 oz per meal/snack

Vegetables: 1-2 oz per

meal/snack

**Carbohydrates:** 

Fruits: 1 oz per meal/snack Grains/Starchy Veggies: 1

oz per meal/snack

Healthy Fats: 1 tablespoon per

meal/snack

Dairy: Up to 2 oz per

meal/snack

#### **9-12 MONTHS**

**Protein: 3-4** oz per meal **Vegetables:** 2-3 oz per meal

**Carbohydrates:** 

 Fruits: 1-2 oz per meal/snack

Grains/Starchy Veggies:

1-2 oz per meal.

Healthy Fats: 1 tablespoon per

meal/snack

Dairy: 1-3 oz per meal/snack

### **13-24 MONTHS**

**Protein:** 3-4 oz per meal **Vegetables:** 2-3 oz per meal

**Carbohydrates:** 

 Fruits: 2-3 oz per meal/snack

Grains/Starchy Veggies:

2-3 oz per meal

Healthy Fats: 1 tablespoon per

meal/snack

Dairy: 1-4 oz per meal/snack

#### 25+MONTHS

**Protein:** 4-5 oz per meal **Vegetables:** 3-4 oz per meal

**Carbohydrates:** 

 Fruits: 2-3 oz per meal/snack

Grains/Starchy Veggies:2-3 oz per meal

Healthy Fats: 1 tablespoon per

meal/snack

Dairy: 1-4 oz per meal/snack



Stop eating if you feel full to avoid discomfort or complications. Adjust portions based on individual nutritional requirements, tolerances, and goals. Please note that the portion sizes provided are estimated based on the typical timeline following surgery but may vary from individual to individual. It's important to tailor these recommendations to your personal needs and progress, as everyone's journey after weight loss surgery is unique.

# Tips for Success

Maintaining a healthy and balanced diet requires a structured approach that encompasses various aspects of eating habits. These six tips are designed to help you make mindful choices and stay on track with your dietary goals.

- Keep Meals Simple: Stick to a straightforward meal structure that includes a balance of protein, complex carbohydrates, vegetables, and healthy fats. Avoid overcomplicating your meals with excessive ingredients or complex recipes.
- Track Foods in Journal or

  App: Keep a food journal or use
  a mobile app to record what
  you eat. Tracking your food can
  help you become more aware
  of your eating habits and make
  adjustments as needed.
- Be Mindful of Liquid Calories,
  Including Alcohol: An often
  overlooked aspect of our diet is
  the liquid calories we consume,
  especially from sources like
  specialty coffees and alcoholic
  beverages. These drinks can
  significantly contribute to our
  daily calorie intake, sometimes
  without us even realizing it.
  These drinks can be high in
  calories and may contribute to
  weight gain if consumed
  excessively.

- Prioritize Protein in Meals and Snacks: Include a source of lean protein in each of your meals and snacks. Protein helps with satiety and muscle maintenance.
- Avoid Mindless Snacking and Grazing: Stick to planned meals and snacks rather than mindlessly munching throughout the day. This can help you control your calorie intake and maintain portion control.
- Stay Hydrated: Don't forget to drink plenty of water (64+ ounces) throughout the day. Sometimes, our bodies confuse thirst with hunger, leading to unnecessary snacking. Keeping hydrated can help prevent this confusion and support your overall well-being.
- Trigger Foods: Identify and avoid trigger foods that may cause discomfort, overeating, or nutritional imbalance. DO NOT BUY THEM!

### Protein

#### SEAFOOD **MEAT** BEEF (LEAN) CLAMS CRAB **BUFFALO CANADIAN BACON CRAY FISH** ELK **LOBSTER** HAM **MUSSELS** LAMB **OYSTERS** PORK (LEAN) **SCALLOPS PORK TENDERLOIN** SHRIMP **VENISON** SQUID (CALAMARI) **FISH POULTRY ANCHOVY** CHICKEN (NO SKIN) **BASS CORNISH HEN (NO SKIN) CATFISH** DUCK COD **EGGS FLOUNDER EGG WHITES** HADDOCK **EGG SUBSTITUTE** HALIBUT GOOSE HERRING TURKEY (NO SKIN) **MACKEREL ALTERNATIVES** MAHI-MAHI SALMON EDAMAME SARDINES **IMITATION MEAT** TILAPIA MISO TROUT **TEMPEH** TUNA TOFU DAIRY WHEY/WHEY ISOLATE **VEGETARIAN PROTEIN COTTAGE CHEESE** POWDER **GREEK OR LIGHT YOGURT**

MILK

# Carbohydrates

STARCHY VEGGIES	FRUIT
BEANS	APPLES
LENTILS	BLACKBERRIES
PEAS	BLUEBERRIES
D PUMPKIN	CANTALOUPE
POTATOES	CLEMENTINES
	CHERRIES
SWEET POTATOES/YAMS	COCONUT
SQUASH	CRANBERRIES
CDAING	GRAPES
GRAINS	GRAPEFRUIT
BARLEY	HONEYDEW
BUCKWHEAT	☐ KIWI
BULGAR	☐ NECTARINE
CORN	
	ORANGE
QUINOA	PEACHES
RICE	PEAR
SPELT	PINEAPPLE
WHOLE RYE	PLUM
	POMEGRANATES
HIGH FIBER	RASPBERRIES
ALL BRAN	STRAWBERRIES
	WATERMELON
LOW CARB TORTILLA	Remember that fruit, while
FLAT-OUT BREAD	healthy, also contains
ENGLISH MUFFIN	carbohydrates. Moderating your fruit intake is
To increase your dietary	important, especially if
fiber intake, aim for foods	you're focusing on weight
that contain at least 8	loss. Berries are an
grams of fiber per serving.	excellent choice as they're
These high-fiber choices are	lower in carbs and can be
key to boosting your overall	more beneficial for your

health and aiding digestion.

weight loss journey!

# Carbohydrates

STARCHY VEGGIES	FRUIT		
BEANS	APPLES		
LENTILS	BLACKBERRIES		
PEAS	BLUEBERRIES		
	CANTALOUPE		
PUMPKIN	CLEMENTINES		
POTATOES	CHERRIES		
SWEET POTATOES/YAMS			
SQUASH	COCONUT		
GRAINS	CRANBERRIES		
GRAINS	GRAPES		
BARLEY	GRAPEFRUIT		
BUCKWHEAT	HONEYDEW		
☐ BULGAR	KIWI		
CORN	NECTARINE		
Cous cous	ORANGE		
OATS	PEACHES		
	□ PEAR		
QUINOA	□ PINEAPPLE		
RICE	□ PLUM		
SPELT			
WHOLE RYE	POMEGRANATES		
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key to boosting your overall health and aiding digestion.

more beneficial for your

weight loss journey!

# Vegetables

ARTICHOKE	KALE
ASPARAGUS	LEAFY GREENS
ARUGULA	LEEKS
BEAN SPROUTS	LETTUCE
BEETS	MIXED VEGETABLES
BROCCOLI	MUSHROOMS
BRUSSEL SPROUTS	MUSTARD GREENS
CABBAGE	OKRA
CARROTS	ONIONS
CAULIFLOWER	PEPPERS
CELERY	SALAD GREENS
COLLARD GREENS	SAUERKRAUT
CUCUMBER	SHALLOTS
EGGPLANT	SNOW PEAS
ENDIVE	SPINACH
FENNEL	TOMATILLOS
FRESH HERBS	TOMATOES
GARLIC	TURNIPS
GREEN BEANS	ZUCCHINI
JICAMA	



AVOCADO	MAYONNAISE/MIRACLE WHIP
BUTTER/GHEE	NUTS (ALMONDS,
CHEESE	CASHEWS, PISTACHIOS)
CREAM CHEESE	NUT BUTTERS
COOKING OILS	OLIVES
GUACAMOLE	SALAD DRESSINGS
HUMMUS	UNSALTED SEEDS (CHIA,
	FLAX, PUMPKIN,
	SUNFLOWER, HEMP)

X

While fats are an essential part of your diet, they are also high in calories. To manage your calorie intake effectively, it's crucial to measure out your fats. Whether it's oils, nuts, or avocados, keeping track of portion sizes will help you enjoy the benefits of healthy fats without overconsuming calories.

Misc...

#### **DRESSINGS**

- ANY 0 CALORIES
- ANY SUGAR FREE
- ANY LOW CARB/FAT

### SAUCES

- ANY 0 CALORIES
- ANY SUGAR FREE
- ANY LOW CARB/FAT

#### DRINKS

- ANY 0 CALORIES
- ANY SUGAR FREE

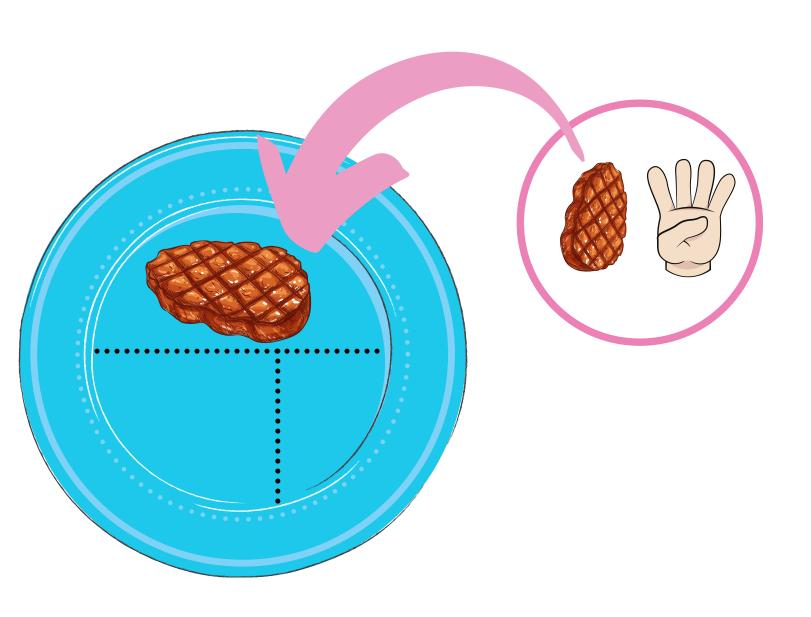


While incorporating sugar-free and low-fat sauces into your meals can be a great way to enhance flavor without adding extra sugar or fat, it's crucial to remain vigilant about their labels. Even though these options might seem healthier, they can sometimes be misleading. Be mindful that the calorie content in these sauces can accumulate quickly. Always take a moment to check the nutritional information on the packaging. Pay close attention to the calorie count and portion sizes. This small step can make a big difference in managing your overall calorie intake, ensuring you stay on track with your dietary goals without unintentional overindulgence.

# Step 1: Protein

### First, focus on protein. About 4 fingers on your plate.

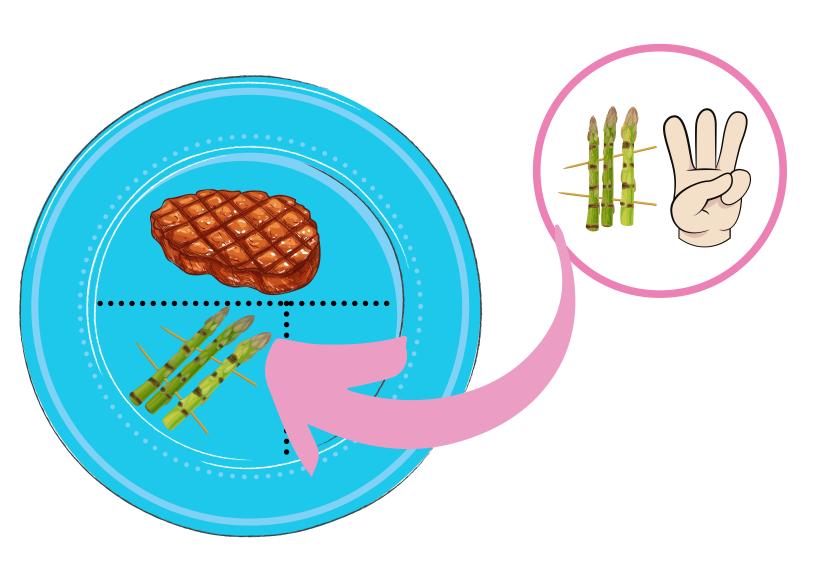
(Each finger is about an ounce. You may need to adjust).



# Step 2: Veggies

### Second, focus on your vegetables. About 3 fingers on your plate.

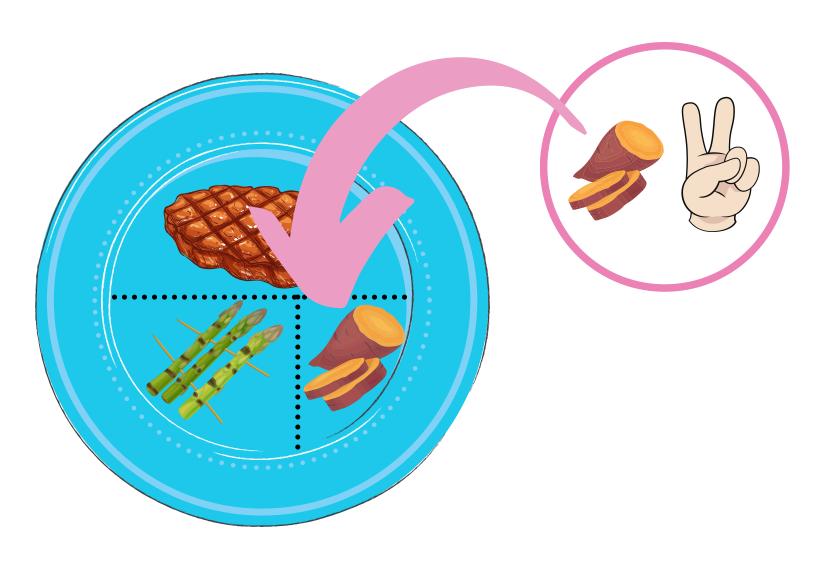
(Each finger is about an ounce. You may need to adjust).



# Step-3: Carbs

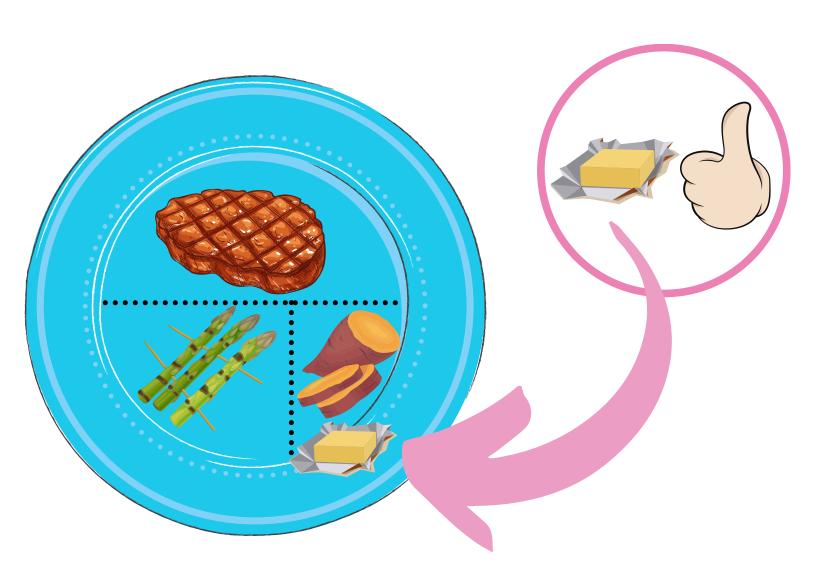
### Third, focus on complex carbohydrates. About 2 fingers on your plate.

(Each finger is about an ounce. You may need to adjust).



# Step 4: Fats

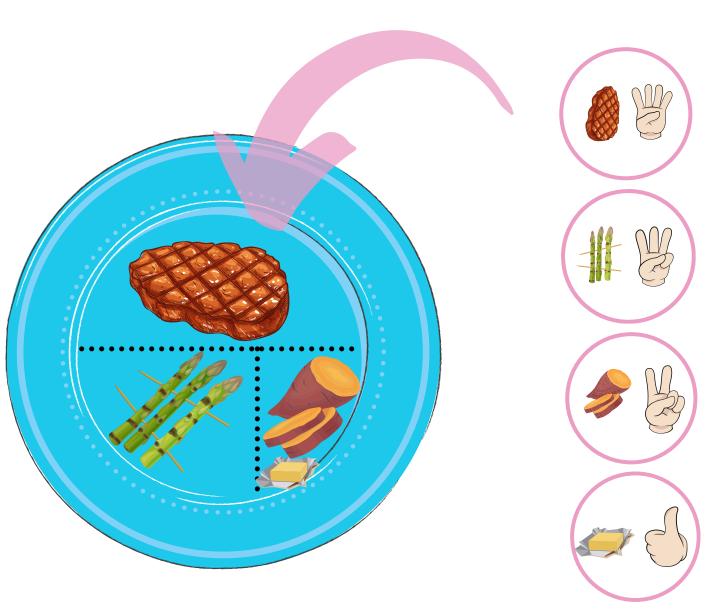
Last, focus on healthy fats. About 1 thumb on your plate.



# How to Plate...

This is what your bariatric plate should look like. What is most important is that you are "working your plate" counter clock-wise.

For example, take 2-3 bites of protein then 1-2 bites of vegetables then 1 bite of starch.



## Build a Snack Box

1

#### **CHOOSE 1 PROTEIN (2-3 OZ)**

Canadian Bacon
Chicken
Cottage Cheese
Greek Yogurt
Ham
Imitation Meat
Shrimp
Sugar Free Beef Jerky
Tofu
Tuna
Turkey

2

### **CHOOSE 1 VEGETABLE (2-3 OZ)**

Beets
Broccoli
Carrots
Cauliflower
Celery
Cucumber
Edamame
Peppers
Pickles
Radishes
Snow Peas
Tomatoes
Zucchini

3

#### **CHOOSE 1-2 FATS (1-2 OZ)**

Avocado
Cheese or Cheese Stick
Hard Boiled Egg
Laughing Cow Cheese
Wedge
2 TBSP Low Calorie Dressing
Guacamole
Hummus
Nut Butter



### CHOOSE 1 FRUIT \*\*OPTIONAL\*\*

**Apples** Blackberries Blueberries Cantaloupe Clementines Cherries Grapes Grapefruit Honeydew Kiwi Nectarine Orange Peaches Pear Pineapple Plum Raspberries Strawberries Watermelon

#### **GUIDELINES**

Nuts

The purpose of this snack box is to provide you with a high protein snack option.

AIM FOR 150-300 CALORIES

12-25G PROTEIN, 10-15G CARBS, 5-15G FATS

## Snack Examples

#### 1 Serving Oikos Greek Yogurt with 2 Ounces of Berries

(20.5g protein, 12.5g carbs, 3.2g fats = 160 calories)

### 2 Ounces Sugar-Free Tillamook Beef Jerky with 2 Ounces Carrots and 2 TBSP Hummus

(31.3g protein, 16.4g carbs, 9.6g fats = 282 calories)

#### 1/2 Cup 4% Cottage Cheese and 1 Dole Sugar-Free Peach Cup

(14g protein, 9g carbs, 5g fats = 135 calories)

#### 2 Ounces Cubed Ham, 1 Ounce Almonds and 1 Ounce Cubed Cheese

(26g protein, 9.5g carbs, 14g fats = 280 calories)

#### 2 Ounces Cubed Ham, 1 Ounce Almonds and 1 Ounce Cubed Cheese

(22.7g protein, 3.5g carbs, 18.1g fats = 317 calories)

#### 2 Ounces Deli Ham, 1 Light String Cheese and 1 Hardboiled Egg

(27.3g protein, 1.4g carbs, 8.8g fats = 212 calories)

### 2 Ounces Deli Ham, 2 Light String Cheese, 3 Ounces Baby Carrots and 2 TBSP Bolthouse Ranch Dressing

(23.5g protein, 11.2g carbs, 9.3g fats = 275 calories)

#### 2 Hardboiled Eggs. Cucumbers and 2 TBSP Hummus

(14.4g protein, 5.2g carbs, 14g fats = 213 calories)

### 8 Light Italian Dry Salami and 1 Light Babybel Cheese

(20g protein, 2g carbs, 11g fats= 190 calories)

### 2 Ounces Cubed Ham, 2 Light String Cheese, (1) 100 Calorie Nut Packs

(25.2g protein, 10.2g carbs, 14.1g fats= 267 calories)

#### **Pre-Made Protein Shake**

(30g protein, 4g carbs, 3g fats = 160 calories)

# My Meal Plan

		/	/	
	BREAKFAST	LUNCH	DINNER	SNACKS
DAY				
MONDAY				
TUESDAY				
TUES				
SDAY				
WEDNESDAY				
3				
AV				
THURSDAY				
青				
FRIDAY				
>				
SATURDAY				
SATL				
AY				
SUNDAY				

# My Grocery List

PROTEIN	CARBS
VEGETABLES	FRUIT
SPICES	PANTRY

Planned	Actual	Keys to Success
В:		Made my daily action plan
		Followed my daily action plan
L:		Ate to the Eating Structure
D:		Waited to eat (given a hunger cue) at all meals
S:		Stopped eating at enough (given a fullness cue) at all meals
Water 8oz 16oz 24oz 32oz	40oz 48oz 56oz 64oz +	Prioritized eating breakfast, lunch and dinner over snacks
What specific action can I commit to to weight loss goals?	oday that will contribute to my	Avoided snacks (if not given a hunger cue)
What potential challenge(s) or obstac	le(s) might Lencounter today?	Focused on sleeping 7-8 hours
		Focused on my water intake
How can I effectively navigate today's resorting to food or liquid calories?	challenge(s) or obstacle(s) without	No alcohol
		No added sugar (candy, sweets, etc.)
What is one thing that I am proud of to	oday?	No sugary drinks (soda, latte's, sweet tea, etc.)
		Did not eat past 7pm
Would I repeat today? If not, what can contribute to my weighloss goals?	I do differently tomorrow that will	Did not mindlessly snack/graze
		Activity

Planned	Actual	Keys to Success
B:		Made my daily action plan
		Followed my daily action plan
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VEGETABLES	FRUIT
SPICES	PANTRY

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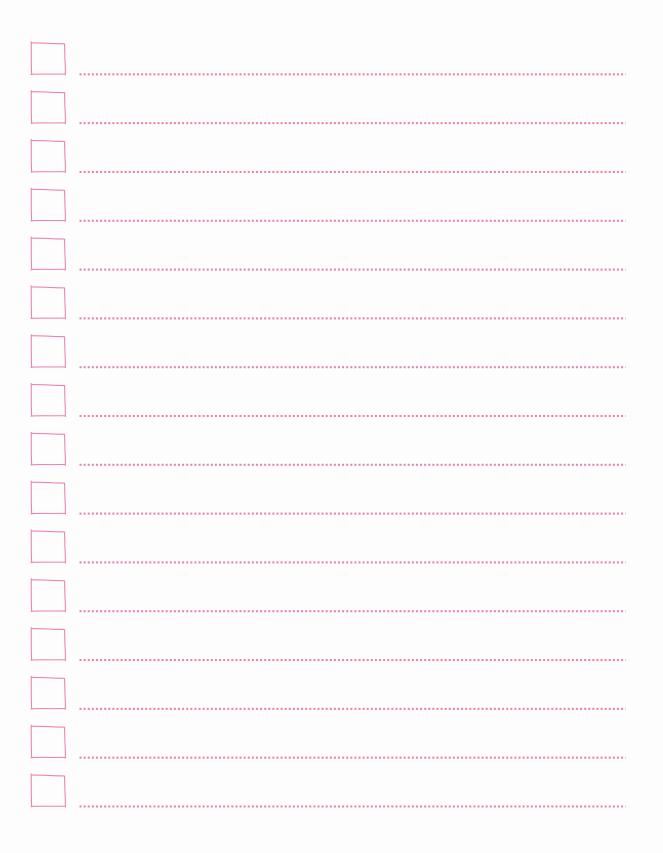
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#### Achievements



# Wrapping Up

As we close this Back on Track 21-Day Challenge, let's pause for a moment of reflection.

Over the last 21 days, you've re-explored the essence of your post-bariatric lifestyle. You've faced challenges, celebrated non-scale victories, navigated setbacks, and emerged resilient. It's essential to recognize that this journey is not about perfection but about consistent growth.

Remember, every step you've taken, no matter how small, is a testament to your dedication and commitment to your well-being.

#### A Few Parting Thoughts:

**Celebrate Your Progress:** Always take a moment to acknowledge how far you've come. Every lesson learned and every challenge faced is a victory in itself.

**Stay Connected:** Join our community calls, participate in forums, or simply share your experiences. When we share, we inspire and get inspired.

**Revisit This Workbook:** Whenever you feel adrift, come back to this workbook. Use it as your anchor, reminding you of your 'why' and rekindling your motivation.

**Look Ahead:** This might be the end of our 21-day challenge, but it's the beginning of your renewed journey. Embrace the tools and lessons you've garnered, and march forward with confidence.

Lastly, thank you for trusting us to be a part of your journey.

Remember, the road to health and well-being is a marathon, not a sprint. With patience, perseverance, and a positive mindset, there's no obstacle too vast to overcome.

P.S.: If this challenge has ignited a spark in you, consider joining the Winner's Circle to keep the momentum going!



#### CHALLENGE COMPLETED!

## NEXT STEPS VISIT WWW.BARIFIT.COM



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