

September 2020

BACK ON TRACK

SUN	MON	TUE	WED	THU	FRI	SAT
		Drink 6-8 glasses of water	Start the day with gratitude	Add some movement today!	Plan your workouts for next week	Meditate for 10 minutes
Live here Self-Care Sunday!	Live here Meatless Monday!	Plan your workouts for next week	Start a daily journal practice	Join the FREE workshop!!	Day 1 Workshop	Day 2 Workshop
Day 3 Workshop Live Self-Care Sunday!	Live Meatless Monday!	Meditate for 10 minutes	Clean out your purse	Clean out the car	Clean out closet and send to goodwill	Sign up for the clean eating 5-day smoothie challenge
Live Self-Care Sunday!	Day 1 Challenge Live Meatless Monday!	Day 2 Challenge	Day 3 Challenge	Day 4 Challenge	Day 5 Challenge	Submit questions for Q&A
Live Self-Care Sunday!	Live Meatless Monday!	how do you feel after challenge?	Live Q & A 12pm EST			