

3, 2, 1 Restart

Okay, sexy babe, you've got this & I've got you!

Start Here:

Watch Welcome Video (in Email)

Join the Facebook Tribe

Goal Setting

Initial Measurements & Photos

Reset to Sexy

Week 1

Water Goals

Cardio Tally: ____ ____

Workout Tally: ____ ____ ____

Week 2

Simple Nutrition

Push Week Questions

Cardio Tally: ____ ____

Workout Tally: ____ ____ ____

Week End

Progress & Self-Assessment



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