

New Year, New You Transformation Challenge

Getting Started Checklist

- ☐ Join Our Private Facebook Group
- ☐ Read the ENTIRE Success Manual.
- ☐ Print & Complete Your Goal Sheet
- ☐ Print your Weekly Meal Plans & Grocery Lists
- ☐ Set Aside Time in Your Schedule to Grocery Shop & Complete Meal Prep.
- ☐ Get Your “Before” Weight, Measurements & Pics
- ☐ If You Have Any Questions, Ask Us! If You Need Extra Help or Accountability- That’s What We’re Here For.
- ☐ Get Ready to Have Some FUN & Get Incredible Results! 😊