

Mind & Body Goals

“Post your weekly goals for the month on the closed FB page

Write down your goals for the balance of this program (for you only unless you want to share)

Write down one thing that you are grateful for each day (for you only unless you want to share)

Write one thing down each day that you love about yourself (again, feel free to keep private or share)

Share with the group at least one positive change you’ve made during this challenge.

Get Social

“Like” Fabulous Fit Squad page

“Share” a Fabulous Fit Squad fitness page posts

Invite friends to “Like” Fabulous Fit Squad page

Tag Fabulous Fit Squad page in one of YOUR posts

Follow FabFit Squad on Instagram! Use hashtags:
 #fatloss
 #leanandsexy

Private group.
 Post a comment or question

Post a selfie of you completing a workout

Post a fat loss friendly recipe

Rest & Relax

Take a 30-minute leisure walk

Take a bath
 Get a massage
 Take a yoga class
 Take a nap

Fitness

Get in 2 Strength Workouts/week

 Get in 2 Interval Training Workouts/week
 Try a new class or piece of equipment
 Take measurements
 Submit your monthly pics

Nutrition

Eat protein at 3 main meals

Have 3 servings of greens /day

Have 1-2 fruits

Starchy carbs post workout or meal one

Have 1 serving of good fats in the form of oils or avocado