

Day 16

Good Morning, Badass!

Today is implementation day again! By now you should be building upon your progress.

Take this moment to write down 3 things you have done well to move toward your goals and another three things you are going to do better this week that will help you to achieve the goals you set.

Enjoy implementation day!

To Your Health,



*Vision without action
is merely a dream.*

*Actions without vision
just passes the time.*

*Vision with action
changes the world.*
Joel A. Baker

Urban Wellness Bootcamp

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Task

Is there someone you need to apologize to?
Make a heartfelt apology today.