

Day 23

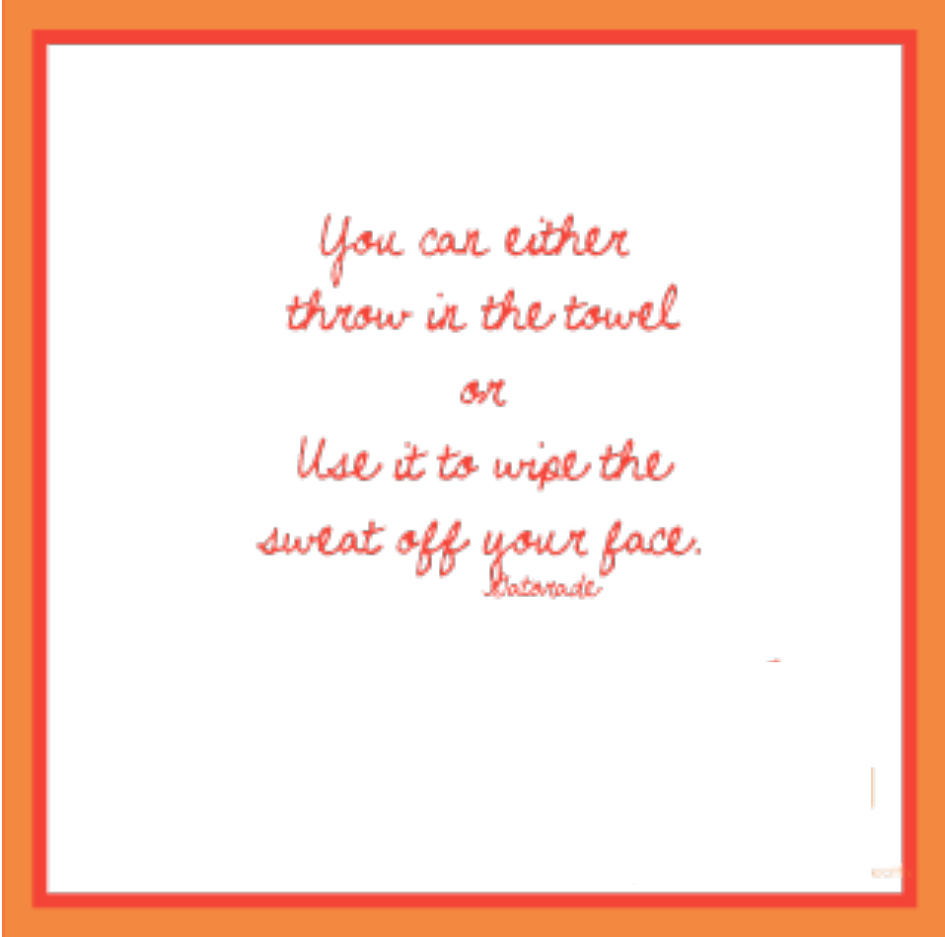
IMPLEMENTATION DAY!

Use today to get caught up, ask questions and rev up your engines.

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,



You can either
throw in the towel
or
Use it to wipe the
sweat off your face.
Katerade

Urban Wellness Bootcamp

23

Day 23

Task

What unhealthy habits do you have ? Consider taking steps to eliminate them. Talk to your health coach about it.