

Water. Workout. Weigh.

Do these three items daily for 10 days... Track your success... Share!

(date)

Water (72 oz.)

Workout (30m)

Weight (lbs.)

Thanks for downloading this simple worksheet!

You either received this as part of the ***ReBoost Your Health - 21 Days to Wellness*** or you downloaded the free copy available on the website. Either way, you've run into the one tool that may have been the single most important thing that is a simple reminder to *do the essentials!*

That would be:

- *drinking water, at least 72 oz. daily
- *working out, 30 min daily in some form
- *checking weight (necessary for the real picture and to prevent us from lying to ourselves ;).... something I can be skilled at ;-)

I hope that this worksheet provides a way to jumpstart your journey, as it did mine. ***Take a moment, print this out, tape it on a wall, or place it in a high traffic areas where you'll remember to at the very least, be conscious of these necessary actions, at the very most, track your success.***

Track your success for ten days... and then ask yourself the following questions:

*****Did you find anything hard to get to?***

*****Did you make excuses for not doing any one of these items?***

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