

30 DAY FIT AND FEARLESS CHALLENGE

What are 1-3 goals you can set and crush to make you FIT and FEARLESS this Summer? Think about the way you want to look and feel. Also what would you like to achieve or how could you grow and contribute to others the next 30 days? What's something bold you do? The results you wish to accomplish are endless and are waiting for you!

GOAL # 1

Why is this goal important to me?

What are three action steps I am committed to taking toward achieving this goal

1

2

3

GOAL # 2

Why is this goal important to me?

What are three action steps I am committed to taking toward achieving this goal

1

2

3

GOAL # 3

Why is this goal important to me?

What are three action steps I am committed to taking toward achieving this goal

1

2

3
