
“45 For LIFE”

45 Days - 8 Tasks - Change Your Life

- Worthy Goals: (Look at your goals daily)
- Eat Healthy: (Diet of your choice just stick with it)
- Train: (Exercise/Move at least 30 minutes a day)
- Help Others: (Help someone everyday)
- Read: (10 pages a day)
- Ingest Water: (Women 80 oz's/ Men 100 oz's minimum daily)
- Visualize: (Visualize the person you want to be 3 times a day)
- Eliminate Alcohol: (No sippy sippy)