

THE RESOLUTION SOLUTION CHALLENGE

2017 Resolutions

1. Exercise
2. Eat healthier
3. Lose weight
4. Better sleep
5. Less stress

FINISH LINE IS IN SIGHT! YOU'VE GOT THIS!

**Valentine's Day awaits,
just one more week to go.**

You can do anything for a week. Count down the days and follow through to the end. When you get to the end, you will have done something only 20% of Americans can accomplish each year. And if you can do this, you can do anything!

