

# THE RESOLUTION SOLUTION CHALLENGE

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- 2017 Resolutions
1. Exercise
  2. Eat healthier
  3. Lose weight
  4. Better sleep
  5. Less stress



## DAY BY DAY, TO VALENTINE'S DAY

**Your resolutions don't have to last forever. Let's just make it to Valentine's Day for starters.**

Make it easier on yourself. This road only lasts 4 weeks. You can make that. And, once you get there, then you can decide what's next for you. Plus, you can do it with a total win in your pocket!

