

THE RESOLUTION SOLUTION CHALLENGE

2017 Resolutions

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

Exercise Today!

GET MILK

CLEAN THE HEN

WHEN FALLING OFF IS NOT FALLING DOWN

Life can be crazy. And if you fall off your resolution wagon a bit, that doesn't mean you've failed. It only means you're human.

This week is the bridge week to the end. We all run into the whirlwind of life and can get pushed around by it. That's okay. Just know that this doesn't mean you're off your resolution, only that you are re-resolving to make it to the end.

This makes you stronger.

