

# STRONGER THAN YESTERDAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
You are Stronger than you think you are!	One Hot Mama!	If it were Easy Everybody would do It!	Pain is just weakness leaving your body	It's Working!	No Stopping YOU!	Well Deserved Rest
It's no longer a Dream if you Achieve it.	Way to Go, Good Lookin'	Sweat is your fat cells crying	Strong Looks Good on You	You Go Girl!	Show them How it's done	You Earned This
You Make it look easy.	No Stopping YOU!	Looking Lean!	You are Stronger than your Excuses	Smile as hard as you are breathing.	You get what you work for!	Be Still and Know
Eat to support that workout	That was time well spent	Look how far you've come	Give it all you've got!	Feel great about yourself	Look at You!	Enjoy a Good Book

## Cups of H2O

- 1     5
- 2     6
- 3     7
- 4     8

## Vitamins

- Breakfast
- Lunch
- Bedtime

## Produce

- 1     6
- 2     7
- 3     8
- 4     9
- 5     10

## Protein

- 1     4
- 2     5
- 3     6