## STRONGER THAN YESTERDAY

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
One Hot Mama!	If it were Easy Everybody would do It!	Pain is just weakness leaving your body	lt's Working!	No Stopping YOU!	Well Deserved Rest
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
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
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 H20 Vitan		ins Produce		Protein	
<b>5</b>	Breakfast		<b>1 1 6</b>	<b>1 4</b>	
<b>G</b> 6	☐ Lunch		<b>2 7</b>	<b>1</b> 2	<b></b> 5
<b>1</b> 7	☐ Bedtime		<b>□</b> 3 <b>□</b> 8	<b>3</b>	<b>G</b> 6
□8			<b>4 9</b>		
	One Hot Mama!  Way to Go, Good Lookin'  No Stopping YOU!  That was time well spent  H20  5  6  7	One Hot Mama!  Way to Go, Good Lookin'  No Stopping YOU!  That was time well spent  H20  H20  Vitam  Break  Good Look how far you've come  H20  Way to Go, Sweat is your fat cells crying  Looking Lean!  Look how far you've come  Vitam  Break  Lunch  Bedti	One Hot Mama!  One Hot Mama!  If it were Easy Everybody would do It!  Way to Go, Good Lookin'  No Stopping YOU!  That was time well spent  H20  Vitamins  Breakfast  Gone Hot Everybody would do It!  Pain is just weakness leaving your body  Strong Looks Good on You  You are Stronger than your Excuses  Give it all you've got!  Way to Go, Sweat is Strong Looks Good on You  You are Stronger than your Excuses  Give it all you've got!  Look how far you've got!  Breakfast  Lunch  Bedtime	One Hot Mama!  One Hot Mama!  One Hot Mama!  One Hot Mama!  If it were Easy Everybody would do It!  Way to Go, Good Lookin'  No Stopping YOU!  That was time well spent  Feel great about yourself  H20  Vitamins  Feel great about yourself  H20  Vitamins  Feel great about yourself  H20  Vitamins  Pain is just weakness leaving your body  No Strong Looks Good on You  Smile as hard as you are Stronger than your Excuses  Give it all you've got!  yourself  Feel great about yourself  Feel great about yourself  D Breakfast  Breakfast	One Hot Mama!  One Hot Mama!  If it were Easy Everybody would do It!  Way to Go, Good Lookin'  No Stopping YOU!  No Stopping You Go Girl! Lookin'  No Stopping You Go Girl! Looking Lean!  That was time well spent  Spent  Come  Pain is just weakness leaving your body  Fou Good Strong Looks Good on You  You Go Girl! Show them How it's done  Smile as hard as you are breathing.  Smile as hard as you are breathing.  Feel great about yourself  Look at You!  Feel great about yourself  Feel great about yourself  Look at You!  Froduce  Produce  Breakfast  Breakfast