

90 Day Summer Sizzle

Challenge Goals:

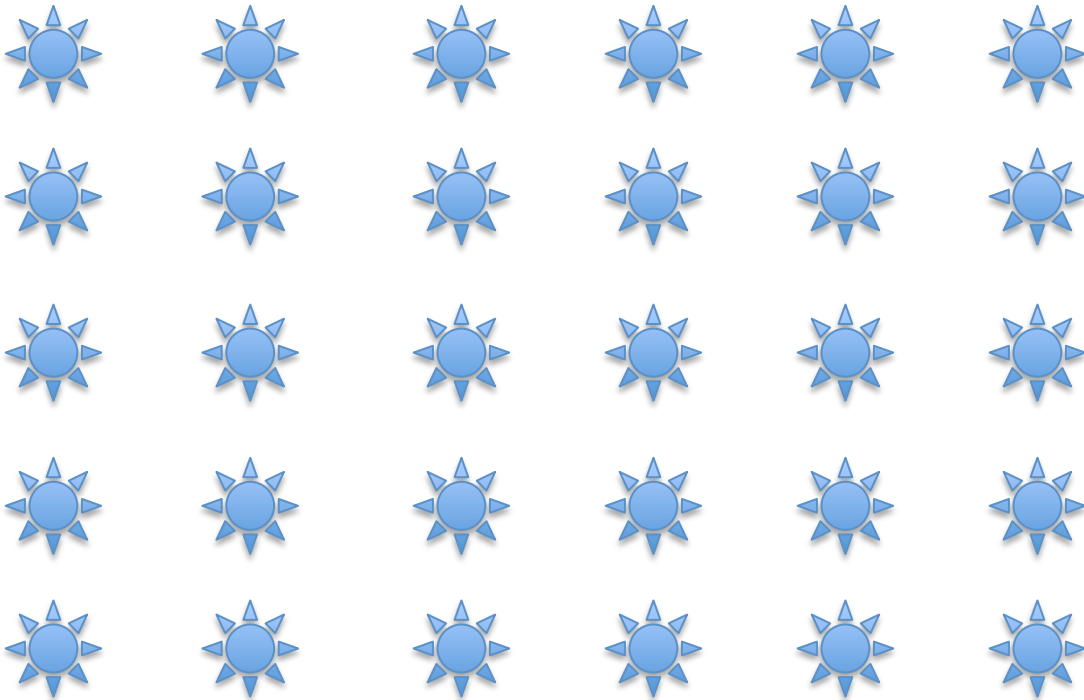
Aim: _____ out of 30

Reward:

This Month's Starting Weight: _____ Challenge Goal Weight: _____

Motivating Mantra:

JUNE



How sizzling was this month?

- [0] Where's the firewood?
- [1] A little bit of smoke
- [2] A few flames

- [3] Steady Burn
- [4] Blazing
- [5] Somebody call 911!

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Challenge Goals:

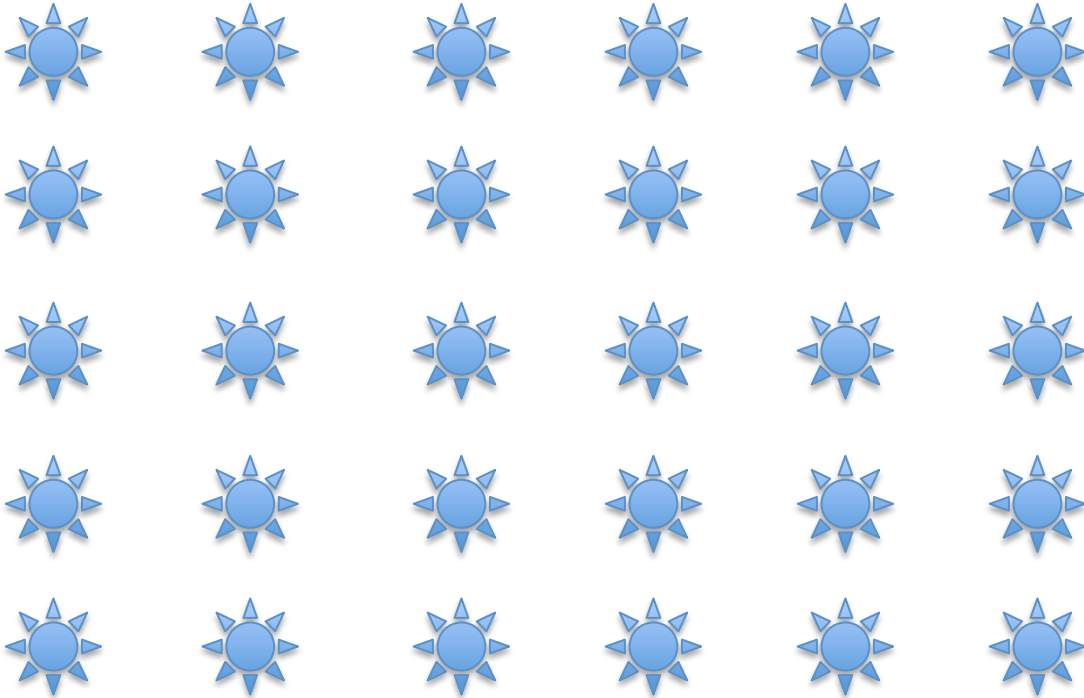
Aim: _____ out of 30

Reward:

This Month's Starting Weight: _____ Challenge Goal Weight: _____

Motivating Mantra:

JULY



How sizzling was this month?

- [0] Where's the firewood?
- [1] A little bit of smoke
- [2] A few flames

- [3] Steady Burn
- [4] Blazing
- [5] Somebody call 911!

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Challenge Goals:

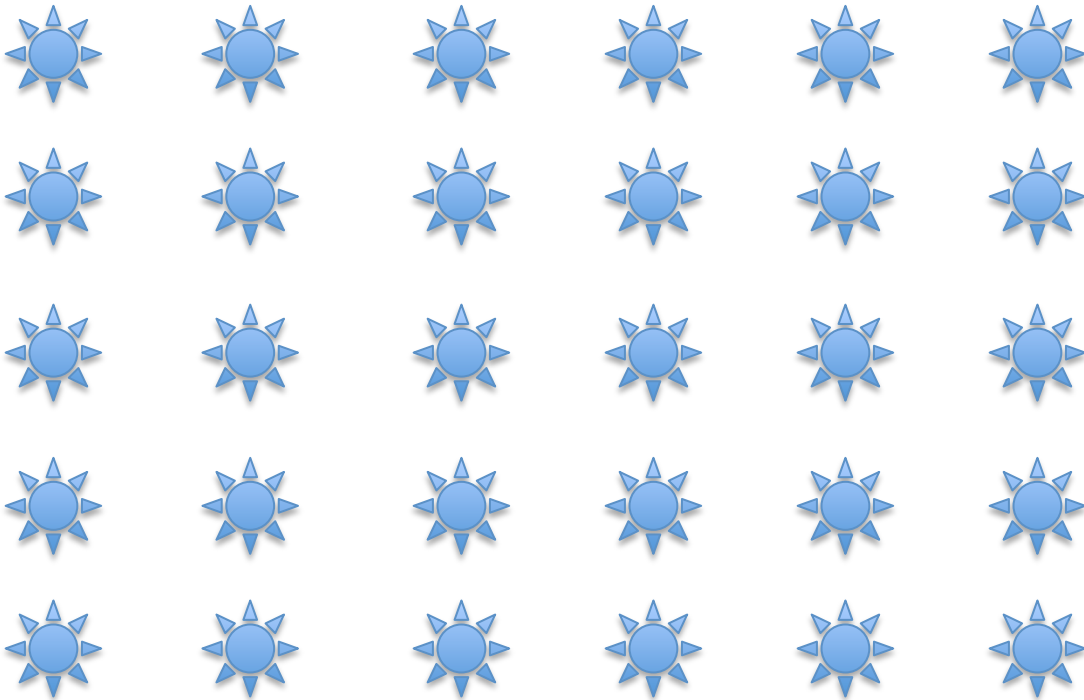
Aim: _____ out of 30

Reward:

This Month's Starting Weight: _____ Challenge Goal Weight: _____

Motivating Mantra:

AUGUST



How sizzling was this month?

- [0] Where's the firewood?
- [1] A little bit of smoke
- [2] A few flames

- [3] Steady Burn
- [4] Blazing
- [5] Somebody call 911!