

## DON'T LET THE WEEKEND BECOME YOUR WEAK END

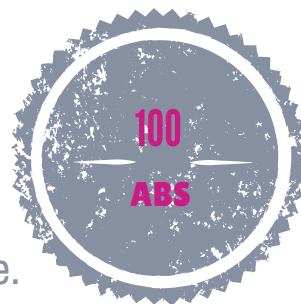
# WEEKEND SURVIVAL

## WEEKEND TIPS

The Weekends are not the time to fall off...  
Tips to help you stay on Track with our Challenge.

Don't let the weekend ruin your progress!

- get in our challenge
- eat like it's a weekday
- going out... eat 1st!
- drink 1 gallon of water/day
- take time to recharge your batteries



TAKE A NAP

A FEW EXTRA ZZZ'S CAN  
MAKE ALL  
THE DIFFERENCE

WRITE IN YOUR JOURNAL

take a few  
minutes  
to write in your  
journal

PREPARE

Shop, Cook and Plan  
for the week

SHARE IN OUR VIP FB GROUP SOMETHING YOU ARE DOING TO ENSURE SUCCESS THIS WEEK!