28 Day Circle of LIFE

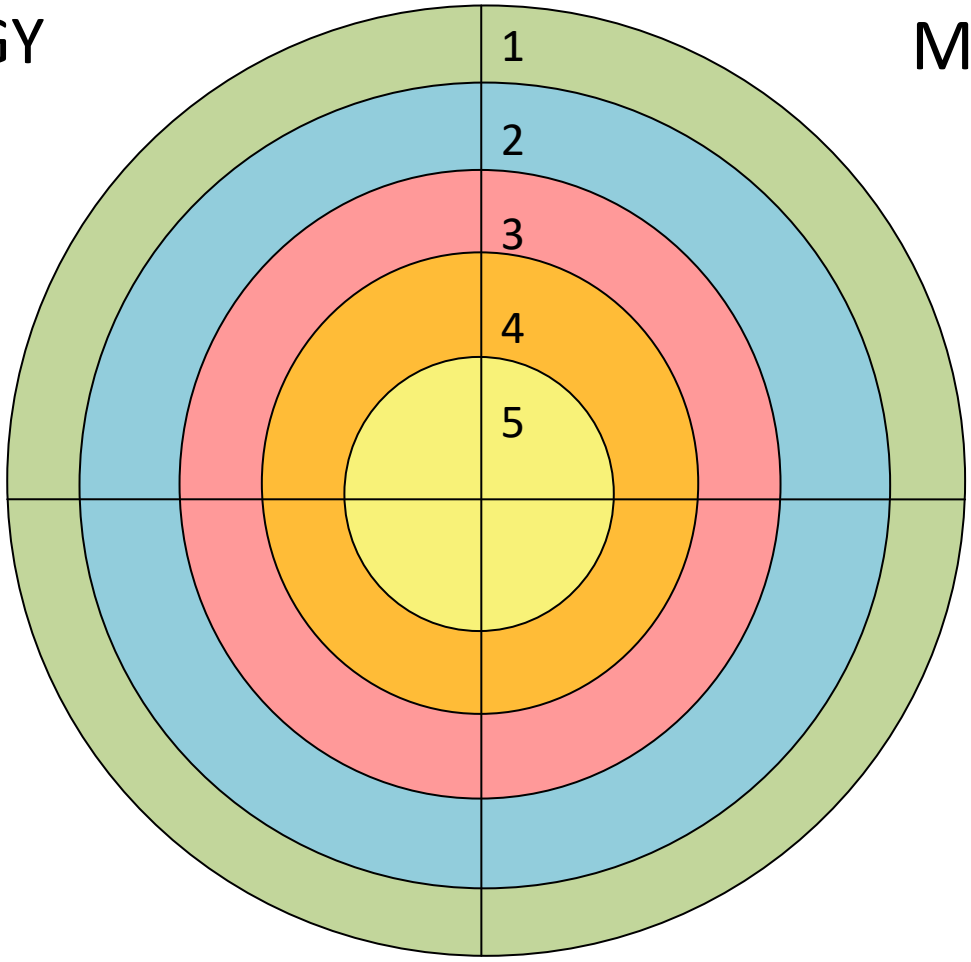
Simply place an **X** on each 4 quadrant space on the 1st day of this challenge. Day 14 repeat with a **Y**. Day 27 a **Z**.

Scale: (Low) is 1.....5 is (Great)

Waist CM: Day 1___ Day 15___ Day 27___

ENERGY

MOOD



STRENGTH

FLEXIBILITY

ACTIVE LIFE FOREVER