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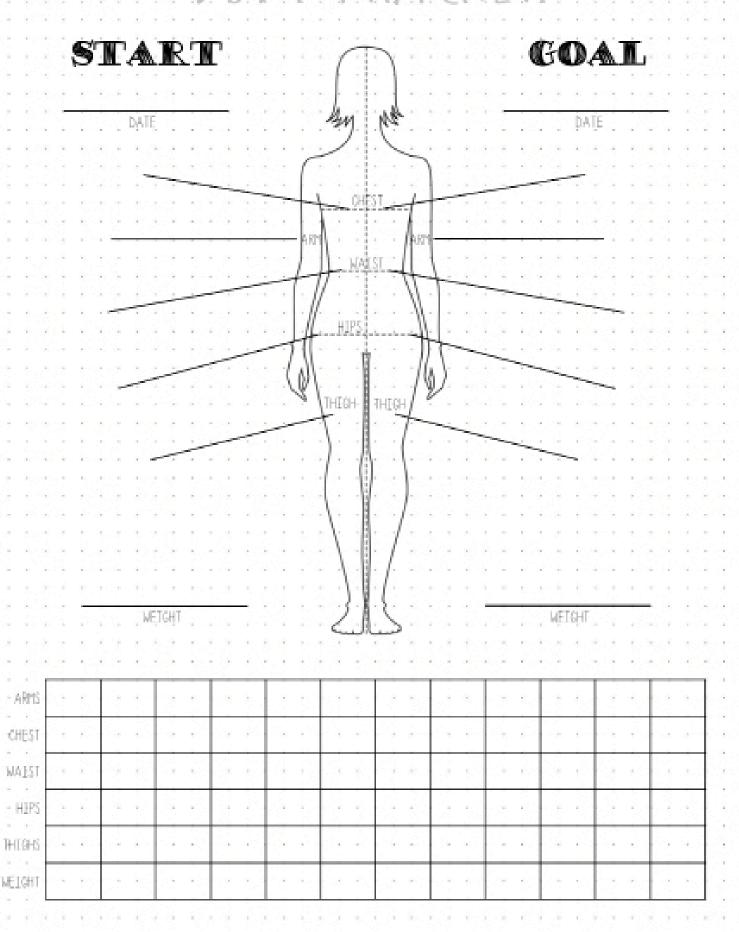
MONTH 1

Use your Warrior Journal to record your current body measurements and track your progress both physically and mentally. Remember fitness starts in your mind, so pay attention to your thoughts and triggers (situations or events that causes you to over eat). Choose to make this transformation as positive as possible. Love yourself, respect yourself and accept that this is a process that will take time.

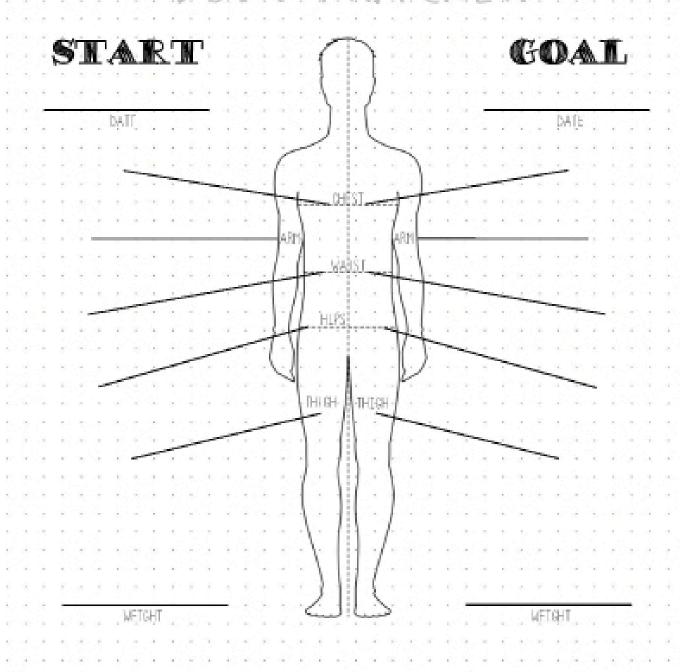
"It's Okay To Love You Now!"

Track Your Progress Below

## Body ERacker



## Body ERacker



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Day 30	
Additional Note:	



## YOU DID IT!

# YOU HAVE COMPLETED YOUR JORNAL FOR MONTH 1

