

SURVIVING TO THRIVING

REFINING: HEALTH

HOW MANY DAYS CAN YOU COMMIT TO WORKING OUT?

- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY
- SATURDAY
- SUNDAY

HOW MUCH TIME?

WHAT ARE SOME COMMON BARRIERS THAT MIGHT HINDER YOUR ROUTINE?

WHAT IS YOUR SOLUTION FOR BREAKING DOWN THE BARRIERS?

WHAT ARE YOUR GOALS FOR THE FIRST MONTH?