

Happy New Year

Change your
Words
Change your
Mindset.

hello

ACTION CALENDAR **HAPPY JANUARY 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

ACTION LOG ENTRY:

Nutrition Nuggets

Set healthy goals

It's important to set goals for yourself, but it's also important to set them in a way that is realistic and achievable. Here are some tips to help you set healthy goals:

- Start with small, achievable goals.
- Make your goals specific and measurable.
- Set a deadline for your goals.
- Track your progress.
- Be consistent.
- Don't give up.

DAREBEE
WORKOUTS
CHALLENGES
FITNESS
NUTRITION
& MORE

Be the
change
you want to see
in the world.

"It does not matter
how slowly you go so
long as you
DO NOT STOP."

Sometimes what
we call
"failure"
is really just that
necessary
struggle called
learning.

I cannot do this
yet!

