

September

21 DAY FASTING CHALLENGE

SEPTEMBER 9 - SEPTEMBER 30

GUIDELINES:

1. **FAST** 16 CONSECUTIVE HOURS
2. **EAT** HEALTHY MEALS THE OTHER 8 HOURS
3. **SHARE** YOUR JOURNEY ON SOCIAL TAGGING US!

9 FAST ____ WATER ____ WORKOUT ____	10 FAST ____ WATER ____ WORKOUT ____	11 FAST ____ WATER ____ WORKOUT ____	12 FAST ____ WATER ____ WORKOUT ____	13 FAST ____ WATER ____ WORKOUT ____	14 FAST ____ WATER ____ WORKOUT ____	15 FAST ____ WATER ____ WORKOUT ____
16 FAST ____ WATER ____ WORKOUT ____	17 FAST ____ WATER ____ WORKOUT ____	18 FAST ____ WATER ____ WORKOUT ____	19 FAST ____ WATER ____ WORKOUT ____	20 FAST ____ WATER ____ WORKOUT ____	21 FAST ____ WATER ____ WORKOUT ____	22 FAST ____ WATER ____ WORKOUT ____
23 FAST ____ WATER ____ WORKOUT ____	24 FAST ____ WATER ____ WORKOUT ____	25 FAST ____ WATER ____ WORKOUT ____	26 FAST ____ WATER ____ WORKOUT ____	27 FAST ____ WATER ____ WORKOUT ____	28 FAST ____ WATER ____ WORKOUT ____	29 FAST ____ WATER ____ WORKOUT ____
30 GIVEAWAY WINNER ANNOUNCED!						

@MYLIFEWELLOVED @HAPPILYHUGHES @NASHVILLETASH