

# 30 DAY CHALLENGE

@kattipillar

GET IT STARTED ★ 1	2	3	4	5	6
7	8	9	10	11	12
13	14	DON'T GIVE UP ★ 15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	YOU DID IT ★ 30

I WON'T FAIL BECAUSE I :

NEED IT

AM AWESOME

DESERVE IT

DAY 1

WEIGHT: \_\_\_\_\_

WAIST: \_\_\_\_\_

HIPS: \_\_\_\_\_

DAY 15

WEIGHT: \_\_\_\_\_

WAIST: \_\_\_\_\_

HIPS: \_\_\_\_\_

DAY 30

WEIGHT: \_\_\_\_\_

WAIST: \_\_\_\_\_

HIPS: \_\_\_\_\_

LEVEL 1

LEVEL 2

LEVEL 3