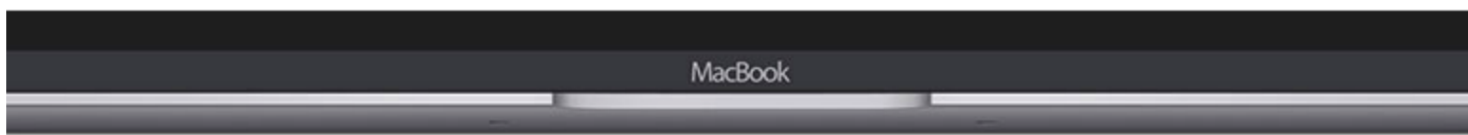


7 DAY  
JUMP  
START:

CREATE  
A LIFE  
AND  
BIZ  
YOU  
LOVE



7 DAY  
CHALLENGE  
—HEALTH + WEALTH + BIZ—

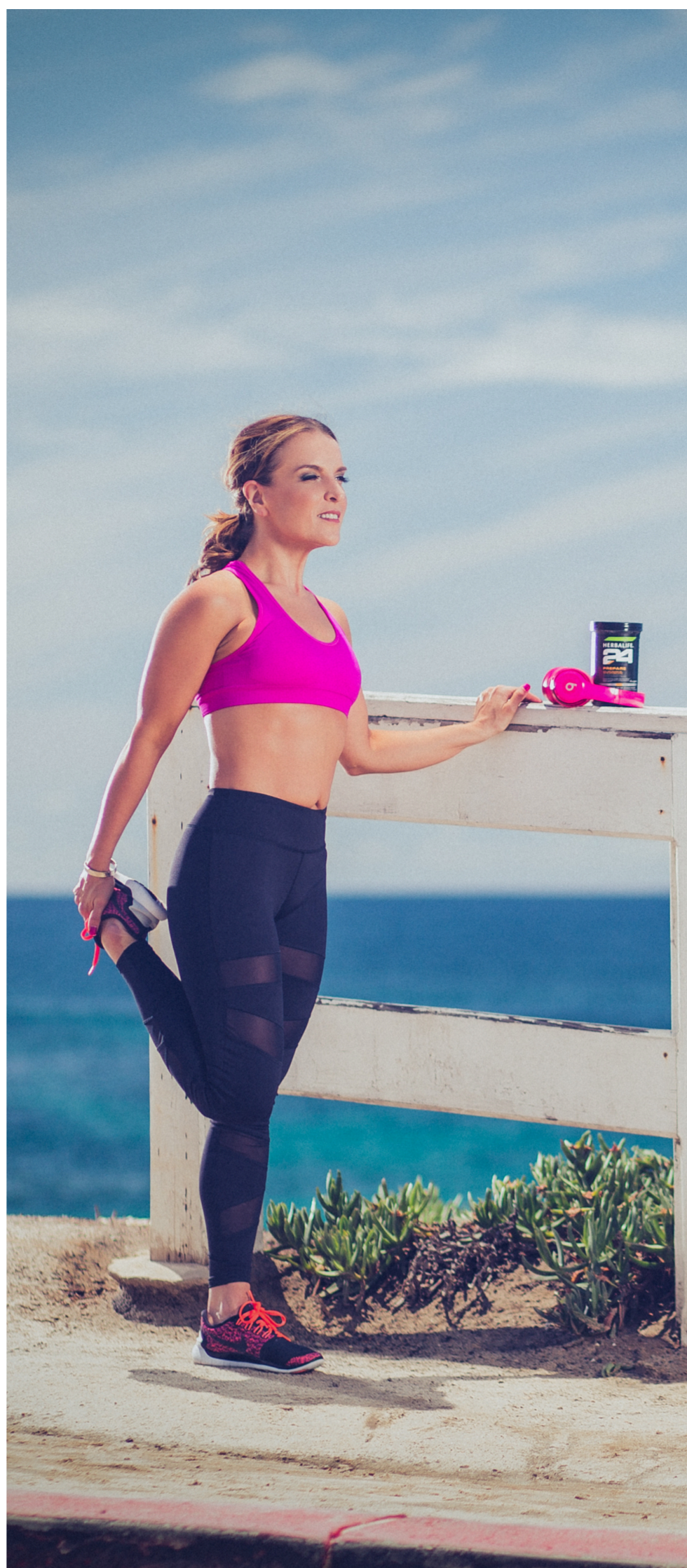


HEALTH

WEALTH

BIZ





**DAY 1: ASSESS YOUR LIFESTYLE**

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# Lifestyle Assessment

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**[HTTPS://WWW.SURVEYMONKEY.COM/R/FITLIFECREATION](https://www.surveymonkey.com/r/fitlifecreation)**

**WWW.FITLIFECREATION.COM**





**DAY 2: CHANGE TWO HABITS**

**YOU CHOOSE**

**USE THE LIFESTYLE ASSESSMENT TO HELP!**





HEALTH

WEALTH



BUSINESS

**CREATE A LIFE AND BIZ YOU LOVE**

#FITLIFECREATION #CREATEIT SHARE IT!

[WWW.FITLIFECREATION.COM](http://WWW.FITLIFECREATION.COM)





# DAY 3: SHOP HEALTHY GROCERIES

BONUS LIST





# DAY 4: MEAL PLAN





HEALTH

WEALTH



BUSINESS

**CREATE A LIFE AND BIZ YOU LOVE**

#FITLIFECREATION #CREATEIT SHARE IT!

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# SNEAK PEAK + SHAKES INCLUDED IN 7 DAY CHALLENGE PURCHASE

## 7 DAY CHALLENGE MEAL PLAN

### SHAKE

PROTEIN DRINK MIX ON THE GO  
COOKIES N CREME  
ADD 8 OZ WATER / NON DAIRY / ICE



EXAMPLE:  
SALMON + AVOCADO + EGGS

USE GROCERY LIST:  
PROTEIN + VEGGIES + FAT

### DINNER

EXAMPLE:  
KALE + AVOCADO

USE GROCERY LIST:  
PICK PROTEIN + FRUIT  
OR VEGGIES

### SNACK







DAY 5:

# WORKOUTS

BONUS IN EMAIL AND COURSE!





# DAY 6: SPEND SMART

USE A TOOL LIKE MINT!  
PLUS GUIDE IN COURSE!





# DAY 7: BRAND BUILDER

USE A TOOL LIKE MEISTER  
PLUS GUIDE IN COURSE!



WHAT'S NEXT

CREATE  
WITH OUR  
COMMUNITY

EXPERIENCES  
AMBASSADORS  
FUNDRAISERS

MASTERMIND  
RETREATS  
ACADEMIES  
FUNDRAISERS  
INFLUENCERS  
COLLABS



HEALTHY  
NUTRITION



CREATE  
TRANSFORM  
INSPIRE

YOU WERE  
BORN TO.

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