

COMEBACK CHALLENGE

DAY 6 /

1 > We talked about the importance of live, energetic foods. So write down everything that's passed your lips in the past 24 hours and the amounts.

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2 > Circle all the items that are healthy, natural, live foods on your list.

3 > What percentage of your diet is made up of water based foods?

ACTION STEP

Go LIVE in the Facebook group and answer this question: What are 3 simple things you can do to improve your health every day that can stack and create the mega human in you? What's your Daily Consistency Plan?