



## **Check List to Getting Started**

- I did my Kitchen Makeover
- I printed my grocery store list and went to the store to get my food for the first week
- I started to prep my vegetables and meals
- I looked at the week ahead and made note of my schedule and how to make each meal possible
- I ordered or have my supplements if chosen to do so
- I've hung a piece of clothing I want to fit into in the open where I can see it
- I've posted my meal plan on the refrigerator or somewhere in clear vision
- I posted my goals, so they are easy to read in the AM and PM

- I decided I am committed to the next 21-days and this challenge!

If you checked all the above, you are ready to get started!