

A

ALL IN!

B

BONE
BROTH

C

COLLAGEN

D

VITAMIN D
(TAKE YOUR
SUPPLEMENTS!)

E

EXCELLENCE
NOT
PERFECTION

F

FROG
EATING
FIRST

G

GORGEOUS
SKIN

H

HIIT

I

INTERMITTENT
FASTING

J

JUST JUICED
VEGGIES

K

KEEP AT
IT!

L

LEVEL UP!

M

MINDFUL
MUG

N

NO
EXCUSES!

O

OVERCOME
OBSTACLES

P

PERFECT
PALEO
PROTEIN

Q

QUEEN OF
YOUR OWN
LIFE

R

READ THE
PLAN
(SEE "W")

S

SHOW UP!

T

TARGET
TRIFECTA

U

USE YOUR
TOOLS

V

VIBRANCY

W

WORK THE
PLAN
(SEE "R")

X

"X" OUT
SNACKS

Y

KNOW YOUR
"Y"
(WHY)

Z

ZZZ...
GET YOUR
SLEEP!