

# WW 31-DAY SEASONALLY ADJUSTED

## Minimum Baseline CHALLENGE

because sometimes...less is more...

Define MBL for month of December: achievable no matter how busy!

Do it!  
Get it done!  
Tick it off!

Half way through and still on track! Yeah!

Do it!  
Get it done!  
Tick it off!

Do it!  
Get it done!  
Tick it off!

Do it!  
Get it done!  
Tick it off!

I am all over it!  
Proud of self!

Do it!  
Get it done!  
Tick it off!

Do it!  
Get it done!  
Yeah, on Xmas Eve, baby!

Christmas Walk of course you want to!

Do it!  
Get it done!  
You've got this!

Do it!  
Get it done!  
Tick it off!

Go me!  
Moved my body every day!  
I feel amazing.

*Seasonally adjust the bar - and then make it happen!*

*I am a woman who moves her body every day!*