



SUMMER BODIES ARE MADE IN WINTER!!

1) **Priorities Correcting Your Food Habits.**



2) **Set Realistic Goals – But JUST SET THEM.**

SMART Goals are...

Specific Measurable Attainable Realistic Timely

3) **CONSISTENCY is EVERYTHING!**



4) **Have a Visual Motivator to remind you of what you want.**



5) **Get a PRO to help you.**

You may not even know if you are doing things to inhibit your success. Ask for help.

