

20 day challenge

Readiness check list

- ☐ Lifestyle questionnaire completed
- ☐ Schedule 20 minute check in with accountability partner and coach
- ☐ Review first My 5 daily exercises and ask for clari
- ☐ Set elimination goal on Smart Goals handout
- ☐ Set add in goal
- ☐ Set lifestyle/behaviour goal
- ☐ Book your online classes at andreapagecoaching.punchpass.com (classes where able will include the daily my 5 - this would be in any of the FITWOMAN Blasts, Fitmom classes)