

# JUNE STRONG



daily water intake

[8 glasses per day]



daily healthy eating

[follow a plan of your choice]



daily positive thoughts

[affirmations, music, or reading]



daily movement

[strive for 2 30-minute sessions]



daily strength

[strive not to "cheat" yourself]



daily reflection

[picture or journal]

I **am** strong.

I **am** capable.

I **am** brave.

I **am** beautiful.

I am at peace with my pace and consistency. Results will come to me.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30