

SVELTE



Checklist



- Celebrated your decision to finally take control of your health
- Joined the SVELTE VIP Transformation Facebook Group
- Asked a question or attended the Q&A

Print out your or save your:

- Food log
- Week 1 & 2 shopping list and recipe guide
- Exercise calendar
- Workout Guide
- Mind Map
- Stats Calendar

Did you write down, send me and told someone close to you:

- Both a mental and physical challenge for this program
- Your goal for this program

Filling out your:

- Food log
 - Exercise calendar
 - Mind Map
 - Stats Calendar
- TAKEN ACTION!!**