



**Hallo ladies,
Since we don't have any classes today,
it's a great time for self-reflection.
I'd love to hear how your week went.
EVERYONE, please share:**

1. Nutrition

- 3 balanced meals (how many days?): _____
- No-snack days (how many?): _____
- No food after dinner (how many days?): _____
No food less than 3hr before sleep (how many days?): _____
12-14hrs overnight break from food (how many days?): _____

2. Movement

- Classes/Own training: _____
- Snack exercises / steps / NEAT: _____

3. Non-scale wins

- How do you feel? What did you notice? _____

4. Improvements

- If something needs work, what action will you take to do better next week? _____

**Thank you for sharing—progress loves
action and honesty not perfection.**

