

MAR 2019

Level Up Challenge
Quarter 1 Month 3

MONTHLY GOALS



My Reward:



How To Start The Challenge:

- * Write down your top 3 goals for the month.
- * Turn on all notifications on instagram @divinehealthjourney
- * Decide level of participation.

Notes:

Plans For Next Month:

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Spring Into Action	2
3	4	5	6	7	8	9
10	11	12	13 Winning Wednesday #WW19LU	14	15	16
17 7 Day Spring Detox Challenge	18	19	20 Spring's Here!	21	22	23
24	25	26	27	28	29	30
31 Let's Celebrate #DGLeverUp19						

