

FEB 2019

Level Up Challenge

Quarter 1 Month 2

MONTHLY GOALS

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Self Love Beginnings	2
3	4	5	6	7	8	9
10	11	12	13 Winning Wednesday #WW19LU	14	15	16
17 Week of Love Challenge #DGWLve	18	19	20	21	22	23
24	25	26	27	28 Let's Celebrate #DGLevelUp19		

How To Start The Challenge:

- * Write down your top 3 goals for the month.
- * Turn on all notifications on instagram @divinehealthjourney
- * Decide how active you want to be in this challenge and commit to that level of participation.

My Reward:

Notes:

Plans For Next Month:



Self Love

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

Business

Family



Track Your Progress

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