

JAN 2019

Level Up Challenge

Quarter 1 Month 1

MONTHLY GOALS



How To Start The Challenge:

- * Write down your top 10 goals for the new year.
- * Turn on all notifications on instagram @divinehealthjourney
- * Decide how active you want to be in this challenge and commit to that level of participation.

Notes:

Plans For Next Month:

SUN	MON	TUE	WED	THU	FRI	SAT
		1 New Year Evolution	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16 Winning Wednesday #WW19LU	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Let's Celebrate #DGLLevelUp19		

My Reward: