

A woman in athletic wear is shown from the waist down, lifting a dumbbell with her right arm. The background is a dark, textured wall. The text is overlaid on the image.

DAY 1
Action
Sheet

FREE
Hot Rockin
Body & Life
5 DAY
Challenge!

ACTION STEPS!



Write down 3 main meals (and their ingredients) that you can make this week that you can triple the amount you make.

ACTION STEPS!



Then write down three solutions for your veggies and salads that can you use to make your veggie and salad food prep easier and more efficient for yourself and your fat loss.