



WEEK 1



Setting your personal goals

WEEK 2



Let's get going

WEEK 3



Eating smart

WEEK 4



Looking your best

WEEK 5



Mid point check-in / personal goals



WEEK 6



Finding time for yourself

WEEK 7



Living your dreams | following your passions

WEEK 8



Loving yourself and your life

WEEK 9



Getting a good night sleep

WEEK 10



Finishing strong | Personal goal results
