



Beautiful from the Inside Out

Reverend Julie Renee



My Body Loves Meditation!

I love myself. I trust myself. I accept my unique self.

Wherever I go, love is waiting for me.

Yes! Yes! Yes!

Meditation and focused awareness for the day

Legs and Thighs

Congratulations on choosing this program. We are going to create miracles!

 *Plan and Nutritional Supplements -my target calorie intake _____*

breakfast	10 am	lunch	3pm	supper	Tea/water

Notes to Self

Use this space to acknowledge accomplishments and document my new choices

- 1.
- 2.
- 3.

Record Your Exercise activity and time