



EXTRA DAILY GOALS  
20 MINS OF SUNSHINE



GO TO SLEEP ON TIME



1 SELF CARE ACTIVITY

# ZBODY ACCOUNTABILITY FALL CHALLENGE

FILL OUT EACH DAY WITH THE  
WORKOUT YOU DID OR "REST  
DAY" AND EXTRA GOAL SYMBOLS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

**INHALE CONFIDENCE, EXHALE DOUBT**

