

Fit Mom Challenge

By Hybrid Fitness

Summary

1. 567 Exercise - How to Find Motivation Even on Your Worst Days
2. Creating Daily Habits for Best Results
3. How to Create Healthy Meals in Less than 5 minutes (Almost 0 Prep)

567 Exercise

We are going to go a few layers deeper than normal.

1. **Think of your #1 Goal in wanting to participate in the Fit Mom Challenge**
2. Ask why that's important to you
3. Repeat until you get to the 7th Layer

Daily Habits For Success

Using your Daily Habit Tracker - track how you do each day on:

1. Exercising 20 minutes a day
2. Eating 1 more meal than you do right now each day (be specific)
3. Drinking 1-2 cups more water than you do on average right now
4. Eat until 80% Full