

Top Level Strong

Check List to Getting Started

- ✓ I did my Kitchen Makeover
- ✓ I printed my grocery store list and went to the store to get my food for the first week
- ✓ I started to prep my vegetables and meals
- ✓ I looked at the week ahead and made note of my schedule and how to make each meal possible
- ✓ I ordered or have my supplements if chosen to do so
- ✓ I've hung a piece of clothing I want to fit into in the open where I can see it
- ✓ I've posted my meal plan on the refrigerator or somewhere in clear vision
- ✓ I posted my goals, so they are easy to read in the AM and PM
- ✓ I decided I am committed to the next 42-days and this challenge!

If you checked all the above, you are ready to get started!