

GET STARTED GUIDE

- 1. Get your free weigh-in and body comp analysis at Nutrishop in Murrieta.*
- 2. Download our Habit guides (2), the clean eating guide and the week 1 recipes.*
- 3. Each recipe includes a bar code for My Fitness Pal if you want to track your food there.*

Every day, check back on the Challenge page for a post that includes a new habit for you to do. One habit a day...keeps your body saying hooray.

You will also find the weekly recipe packs, along with motivational tips and a surprise. There are 21 days in this challenge.

*Do the habits.
Track your food.
Track your exercise.*

in 21 days, you'll feel on top of the world.

www.mygaragefit.com