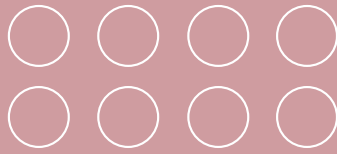


TODAYYYYYYYYYY'S SCHEDULE
.....

DATE

WATER



6:00 AM

7:00 AM

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 PM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

7:00 PM

8:00 PM

TODAY'S WIN

NIGHTLY GRATITUDE

#COACH *Sonia*
TRIBEFIT30



Coach Sonia TEXT Homework



Accountability check in



Posting progress in LeTribe the group



SET YOUR INTENTION FOR THE DAY

3 GOALS TO ACCOMPLISH TODAY

Business



Fitness/Workout



Nutrition/Diet





WEEKLY PLANNER

YOUR MORNING ROUTINE

MINDSET

Why Todayyyy is the right time?

FITNESS, WORKOUTS GOALS FOR THE WEEK
HOW MANY WORKOUTS WILL YOU PLAN THIS WEEK?

WHY IS IT IMPORTANT TO YOU?

WHAT WILL YOU ADD TO YOUR DIET?
WHAT WILL YOU REMOVE FROM YOUR DIET?

WHAT IS STOPPING YOU?

ACCOUNTABILITY

SIGN UP FOR MORNING TEXTS
BOOK NEXT TRIBE CALLS
SELECT YOUR ACCOUNTABILITY PARTNER
SCHEDULE IT

JOURNAL