

The **BABY STEP** Fitness Program

*You don't have to be perfect. That's not what this is about. It's about being better than yesterday and continuing to move forward.
Baby steps. You can do baby steps. You can move mountains, but I'm not asking you to do that. Just baby steps.*

Step 1: Track your food intake for 15 days.

Reward: _____

Step 2: Measuring food carefully for 15 days.

Reward: _____

Step 3: Stay under your calorie goals for 30 days.

Reward: _____

Step 4: 30 minute workouts or 10k steps a day for 30 days.

Reward: _____

Step 5: 15 Days of cardio/ 15 Days of strength training.

Reward: _____

Step 6: Tracking and drinking 64 oz. of water for 30 days.

Reward: _____

Ultimate Goal:
