
LYNFIT'S LOSE 7 POUNDS IN 7 DAYS WEIGHT LOSS CHALLENGE

You'll love your new habits so much they will become your new way of life!

DAY 1	START YOUR DAY WITH WHEY
DAY 2	DRINK TEN CUPS OF WATER DAILY
DAY 3	TAKE A FIVE-MINUTE FIT BREAK
DAY 4	SLIM DOWN YOUR MEALS TO MELT OFF BELLY FAT
DAY 5	KILL CRAVINGS BEFORE THEY GET YOU
DAY 6	DOUBLE UP YOUR VEGGIES TO KEEP THE POUNDS AWAY
DAY 7	UP YOUR STEPS TO BOOST YOUR WEIGHT LOSS

YOU DID IT — CONGRATULATIONS!

Now that you have practiced these healthy habits, hit replay and repeat this 7-Day Challenge until these healthy habits are so habitual you don't even have to think about them anymore.

Keep up the great work and remember:

Today's Actions are Tomorrow's Results!