

# 90 day self care challenge!

## HEALTHY HABITS

- Eat at least 60% homemade foods
- Go to bed early-sleep is important to weight loss and muscle recovery.
- 15-20 minutes of Cardio a day
- 45-90 minutes of strength training a day
- 15-20 minutes of stretching
- Set a goal at the beginning of the 90 days. Every 30 days adjust your goal accordingly. Try journaling daily what you've done to reach your goal.

"Motivation is what gets you started.  
Habit is what keeps you going."

- Jim Ryan