

a quick guide to YOUR

30-DAY CHALLENGE

with barreALLEY

click the boxes below to access everything you will need for the next 30 days!

[letter from kendra](#)

[step-by-step on getting started](#)

[healthy habit suggestions](#)

[body measuring worksheet: before and after](#)

[healthy habits tracker checklist](#)

[monthly calendar](#)

[weekly goals work out planner](#)
example included!

[daily menu & goals check in](#)

[insta story templates](#)

[blank note pages](#)

This isn't about me telling you exactly what to eat and how to move. This is about you evaluating your lifestyle and reflect on where you are and what you want from these 30-days.

YOU GOT THIS!

Use these printables to help organize and navigate this challenge as you decide habits you want to incorporate and/or eliminate this month!

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