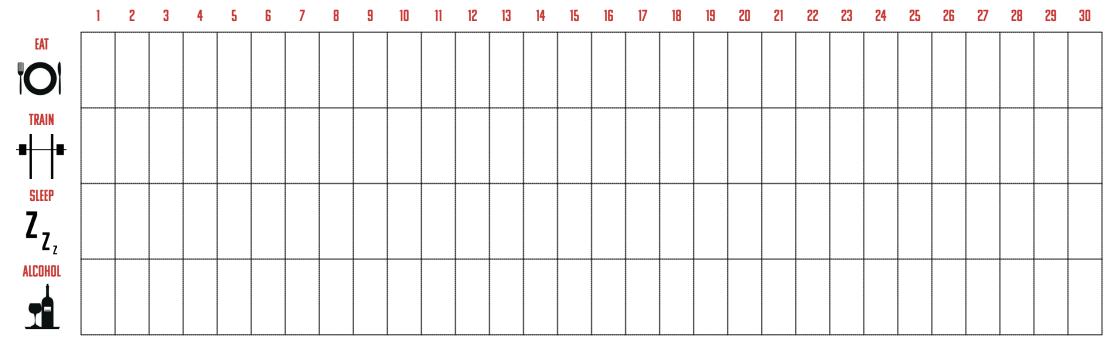


ACCOUNTABILITY CHART 1.0



FOR 30 DAYS, CHECK OFF THE BOXES AS YOU:

EAT: AT LEAST 3 MEALS A DAY OF WHOLE FOODS - MEAT AND VEGETABLES, NUTS AND SEEDS, FRUIT, STARCHES, NO SUGAR

TRAIN: A WOD, A WORKOUT AT HOME, A SWIM, YOGA, OR STRETCHING IN THE HOUSE

SLEEP: AT LEAST 8 HOURS

CONSUME NO ALCOHOL

YOU WILL LOOK, FEEL AND PERFORM BETTER. IF YOU CAN PUT YOUR HAND ON YOUR HEART AND FAITHFULLY COMPLETE 80% OF THIS TASK - COME SEE US AND WE'LL REWARD YOU WITH THE NEXT STEP