KIM & KALEE'S

#75SOFTCHALLENGE

Healthy Food Choices

Workout 4x times a week 30 mins

1. Drink 1/2 your body weight in oz of H2O
2. Workout 4x times a week 30 mins
3. Read or listen to personal development or inspiring for 10 min each day
4. Meditate 5+ mins each day

Kim & Kalee