

PREP DAY	SOULFUL SUNDAY	MIRACLE MORNINGS	BODY	SPICE IT UP!	SMART SIPS	REFLECTION
Saturday	Sunday	12/31/2020	Tuesday	Wednesday	Thursday	Friday
D1 <b>o Prep Day 1</b> o Accountability	D2 o Gratitude	D3 o Jump Around	D4 o Change Positions	D5 <b>o Prep Freezer Meals</b> o Add Italian Parsley	D6 o Spa Water	D7 o Schedule
D8 <b>o Prep Day 2</b> o Grocery Delivery	D9 <b>o Prep Freezer Breakfasts</b> o Meditate	D10 o Lemon Water	D11 o Inversion	D12 o Add Turmeric	D13 o Tea	D14 o Journaling
D15 <b>o Prep Day 3</b> o Share the Love	D16 o Say Thank You	D17 o Visualize	D18 o Self Massage	D19 o Add Cinnamon	D20 o Sparkle	D21 o Reflection- pick a habit