

# Keep it Simple

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## Challenge

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#1 Journal what you eat either by keeping record on paper, by taking pictures, or by posting to Facebook.

#2 **FREESTYLE** your meal types! Mix it up!!!

#3 Make sure to have lots of green veggies with your meals

#4 Exercise 4 times a week for at least 20 mins.

**ARE YOU DRINKING LOTS OF WATER???**

