


THE SCALE DOESN'T
MEASURE SEXY

SKINNY GIRLS
LOOK GOOD IN CLOTHES.
FIT GIRLS
LOOK GOOD NAKED.

BEAUTY
isn't measured in
lbs.

Eat
Good
Feel
Good

FIT
NESS

FIT
BITCH
in progress


SWEAT

REPEAT


The harder
THE BATTLE,
THE SWEETER THE
★VICTORY★

I WON'T
QUIT
BUT I WILL
CUSS
THE WHOLE TIME
\$%&#@!

stop
wishing.
start
doing.

PAIN
IS
WEAKNESS
Leaving
THE
BODY

I DON'T ALWAYS
WORK OUT
BUT WHEN I DO
I EXPECT
IMMEDIATE
RESULTS


I'M HERE TO
SWEAT,
NOT TALK.

I SQUAT
SO MY
ASS
MATCHES MY
SASS

GO AFTER
— WHAT YOU —
DESERVE

FIT
FUCK I'M TIRED

THE ONLY TIME I EVER
REACHED MY FITBIT
GOAL WAS THE DAY
I GOT LOST IN IKEA

Train
INSANE
Stay the
Same


If Never Gets
Easier
You Get
Stronger!

SWEAT
OR
REGRET

