

STICKS AND STONES  
MAY BREAK MY BONES  
BUT SQUATS WILL MAKE ME BADASS

MAKING EXCUSES  
BURNS ZERO  
CALORIES PER HOUR

*you are only*  
ONE WORKOUT  
*away from a*  
GOOD MOOD



THINK IT.  
WANT IT.  
GET IT.

IT'S NOT ABOUT  
PERFECT.  
IT'S ABOUT  
EFFORT.

unless you  
PUKE  
FAINT  
OR DIE  
keep going!

DON'T LISTEN TO  
YOUR INNER FATTY.  
SHE'S AN EVIL BITCH.  
SHE MISSES BREAD.

SOMEDAYS IT'S NOT  
ABOUT HEALTH OR BUILDING MUSCLE  
IT'S JUST  
THERAPY.

TODAY I WILL  
LOVE  
  
MYSELF ENOUGH TO  
EXERCISE  
&   
EAT CLEAN

I'M DOING  
THIS FOR  
*Me!*

Stop eating  
*crap*  
C-carbonated drinks  
R-refined sugars  
A-artificial food  
P-processed food

DON'T LET  
THE SCALE  
DEFINE YOU.  
BE ACTIVE.  
EAT HEALTHY.  
BE HAPPY.

MAKE A  
CHANGE ONE  
DAY OR  
TODAY. YOU  
DECIDE.

STOP BEING  
AFRAID OF  
WHAT COULD GO  
WRONG AND  
THINK OF WHAT  
WILL GO RIGHT.

YOU DON'T  
HAVE TO  
EAT LESS.  
YOU JUST  
HAVE TO  
EAT RIGHT.

NUTRITION  
ISN'T JUST  
ABOUT  
EATING,  
IT'S ABOUT  
LEARNING  
TO LIVE.

DON'T  
EXPECT  
TO SEE A  
CHANGE IF  
YOU DON'T  
MAKE ONE

DEVOTE  
THIS YEAR  
TO LOVING  
YOURSELF  
MORE.

WHEN YOU  
FEEL LIKE  
QUITTING,  
THINK ABOUT  
WHY YOU  
STARTED.

*Strive For  
Progress  
Not  
Perfection*

