

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**

Train
INSANED
Stay the
Same


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

If Never Get
Easier
You Get
Stronger!

**SWEAT
OR
REGRET**

FIT
FUCK I'M TIRED