

# THE FALL ABOUT *you* CHALLENGE

EXPECTING AND EMPOWERED

E & E WORKOUT

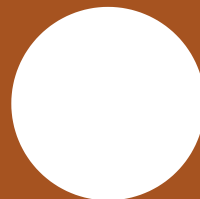
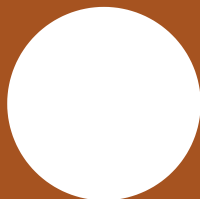
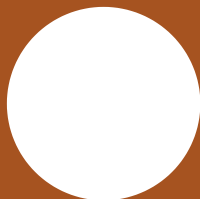
E & E WORKOUT

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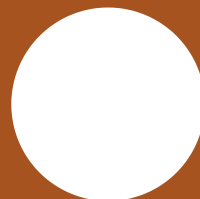
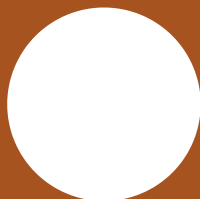
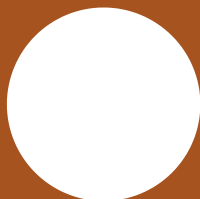
CARDIO

SELF CARE

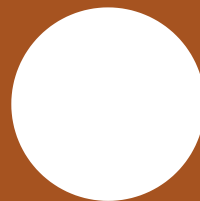
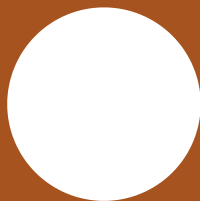
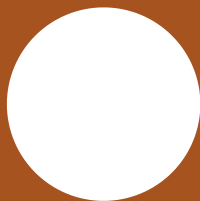
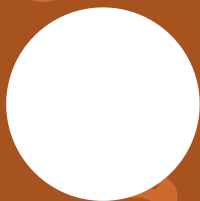
WEEK 1



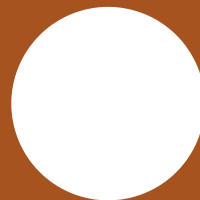
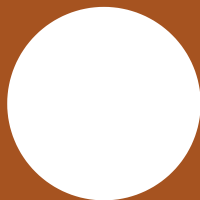
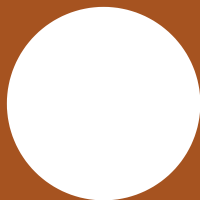
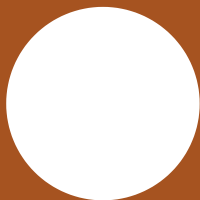
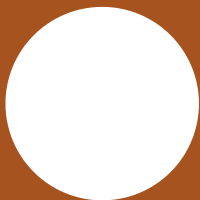
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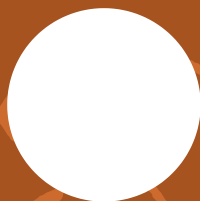
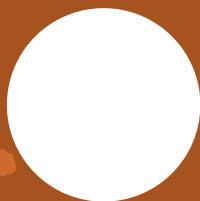
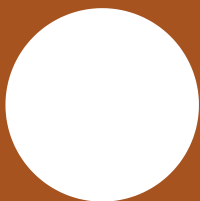
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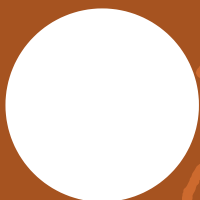
WEEK 4



WEEK 5



WEEK 6





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EXPECTING AND EMPOWERED

WEEK 1: Forget the past and live the present hour.” -Sarah Knowles Bolton

The beauty of week 1 is that it is a fresh start. This is your opportunity to make sure you are taking care of YOU. It can be HARD to slice out time for yourself, we wholeheartedly know the feeling. But we also know how important it is.

WHY IS COMPLETING THESE 6 WEEKS OF WORKOUTS IMPORTANT TO YOU?

WHAT DO YOU NOTICE ABOUT YOURSELF WHEN YOU’RE CONSISTENT WITH SELF CARE?

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WEEK 3: “I keep in mind what Ann Dunnewold told me: when a mother takes care of herself, children absorb important lessons. “Both boys and girls learn that mothers have needs, too, which is also very important if they have children of their own,” she says. If you must conquer guilt, she adds, tell yourself, ‘When I take time for myself, I come back and I’m more the mother I want to be. More patient. Less reactive.” – Jancee Dunn, How Not to Hate Your Husband After Kids

WHAT GOODNESS IS NOTICEABLE FOR YOU WHEN YOU’RE TAKING CARE OF YOURSELF?

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WEEK 6: One of the reasons we do these challenges is to SHOW you how good it feels to be consistent with the workouts. Our goal is that each woman that has joined this community would DO the workouts as intended. We add in the self care box because we KNOW that it is more than just working out that helps women feel their best.

TAKING CARE OF MYSELF CONSISTENTLY HAS MADE ME FEEL...

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If it is a positive feeling, please continue to do so :)