

# 30-DAY *Movement challenge*

One day or day one?	Show up for yourself!	It's your lucky day!	Day four, keep going!	Five days, great job!
Almost a whole week of being awesome!	You did it! Week one is complete!	You deserve this!	Do you notice the difference?	Imagine what you could do by the end!
You can't give up now.	Shake off your worries!	Your body and will thank you.	Week 2! You should be proud of yourself.	You are strong and confident!
Look at how far you have come!	Treat yourself with love and care!	Only you can shape your destiny!	Move at your own pace.	Every day is a new opportunity.
Week 3! You are on fire!	Take it one day at a time.	How do you feel now?	If you can master this, imagine all the things you can do!	You decide what's right for you.
Just a few days left!	Don't stop now, you're almost there!	Four weeks! You are incredible!	Your strength is inspiring.	GOOD JOB! THIS IS YOUR DAY.

YOU CAN DO ANYTHING YOU SET YOUR MIND TO.  
- EMINEM