

Thrive Life Project

prep day 1

daily checklist

watch daily mission & bodywise tip

"Gain Vision"

complete daily thrive project

Set your 30 day project goal or "intention"

weekly body booster challenge

Get prepped & start 1 new healthy habit .

workout (optional)

Aim to move 3-5 days per week Some ideas: Walk, Group fitness class, Weights, Yoga, Bike, Swim, Hike...Do what you love!