

# s'moo<sup>45</sup>

## DAILY CHALLENGE PLANNER

*Stop Thinking, Start Doing*

# Welcome S'moo Babe!

## Welcome to the Smoo45 Challenge!

If you've been looking to start working on a goal, a dream, get healthy or just get organized.. The Smoo45 is a great place to start. Our goal in creating this planner is to not only give you the tools of success to do anything you set your mind to, but also to help you build a positive health routine & help you become your best you.

You're a S'moo Babe and part of being a S'moo Babe is about being a positive light not only to yourself but to others as well. Being a S'moo Babe is about not letting your medical results, or current situation define you and how you live your daily life. It is about waking up every day being thankful for another day on this earth, and taking the cards life has dealt you and making the absolute best of any situation.

During these next 45 days, you'll learn so much about yourself, while creating life-changing habits and accomplishing any goal you set your mind to. On this journey, you'll take your vision and dreams and transform them into a reality. We're so excited to have you on this journey with us & can't wait to see your progress!

## #SMOO45

scan here



Download S'moo45 story templates to share with your friends that you are committing to the challenge!

START DATE:

START WEIGHT:

START BMI:

GOAL WEIGHT:

GOAL BMI:

END DATE:

## HABIT

## NEW HABITS TO BUILD

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## BAD HABITS TO CUT

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MEASUREMENTS

## CURRENT

BUST  
\_\_\_\_\_WAIST  
\_\_\_\_\_HIPS  
\_\_\_\_\_CHEST  
\_\_\_\_\_THIGHS  
\_\_\_\_\_ARMS  
\_\_\_\_\_

## CURRENT PHOTO

(Make sure to get a full body photo  
so you can track your progress)

GRATITUDE ENTRY:

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## I AM GRATEFUL FOR...

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## ☐ I TOOK MY S'MOO

## TODAY I READ \_\_\_\_\_ PAGES OF:

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## WATER INTAKE:



## My Food Journal

BREAKFAST

SNACKS

LUNCH

DINNER

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MORNING

EVENING

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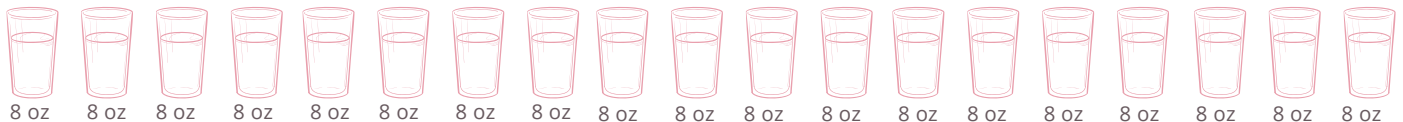
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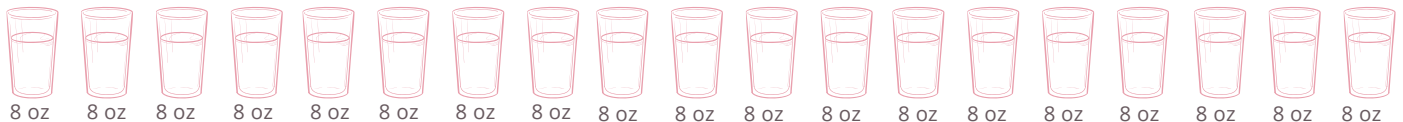
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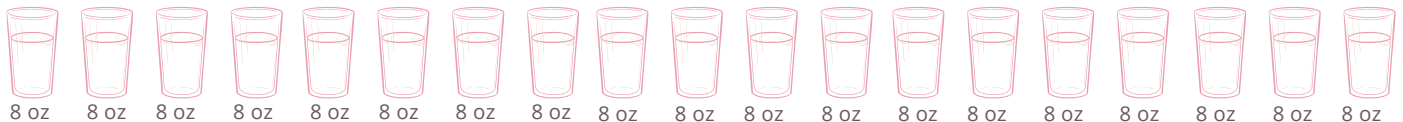
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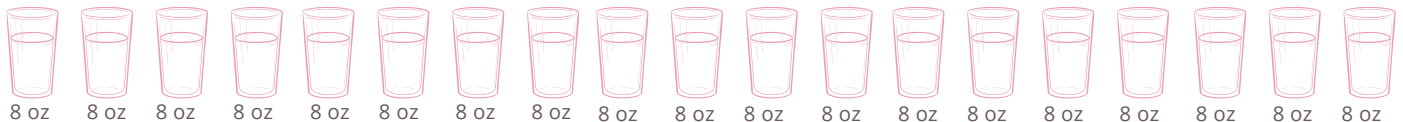
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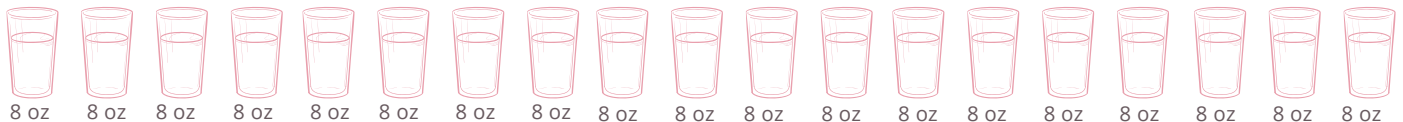
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## ☐ I TOOK MY S'MOO

## TODAY I READ \_\_\_\_\_ PAGES OF:

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## WATER INTAKE:



## My Food Journal

### BREAKFAST

### SNACKS

### LUNCH

### DINNER

## Workout Journal

### MORNING

### EVENING

# s'moo Weekly Check-in

DAYS COMPLETED OUT OF 45:

MY GREATEST CHALLENGES WERE:

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I'M PROUD OF MYSELF FOR COMPLETING:

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## END OF THE WEEK CHALLENGE:

- ☐ POST A PROGRESS PHOTO ON THE S'MOO BABE COMMUNITY.
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SCAN HERE TO DOWNLOAD



TAG US AT  
#SMOO45

NOTES/REMINDERS FOR MYSELF:

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DAY \_\_ OF 45

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8 oz



8 oz



8 oz



8 oz



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8 oz



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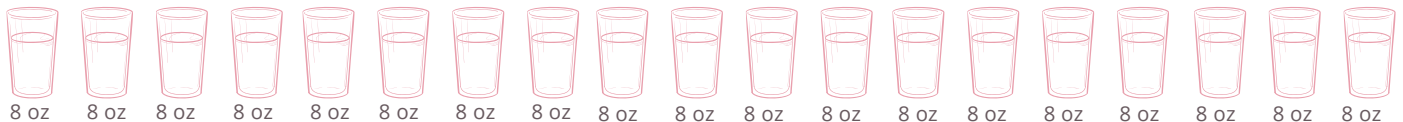
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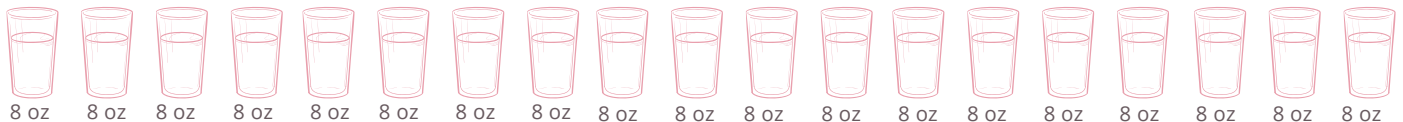
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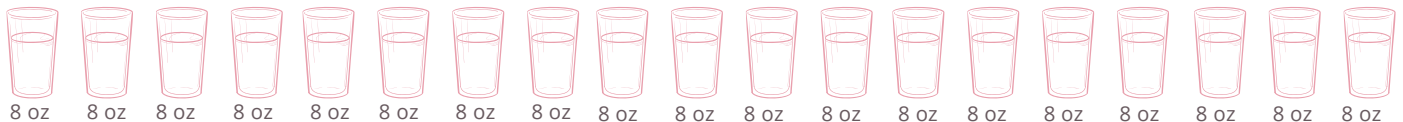
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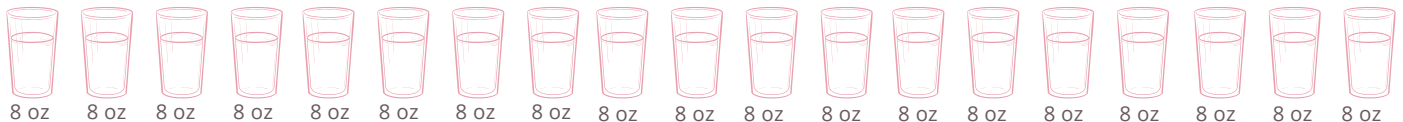
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## MEASUREMENTS

START	END
BUST	
WAIST	
HIPS	
CHEST	
THIGHS	
ARMS	

### BEFORE

(Paste your original photo here from day 1)

### AFTER

(Take a full body photo today!)

END DATE:

FINAL WEIGHT:

FINAL BMI:

FINAL THOUGHTS:



ENTER FOR A CHANCE  
TO WIN THE MONTHLY  
SMOO45 PRIZE!

# THE S'MOO45 IS BROUGHT YOU BY

S'moo is a women's health brand  
dedicated to helping women  
balance their life & hormones.

Our best selling product, Ovary Good has  
helped thousands of women around the  
world balance their hormones. Find out  
more at [thesmoo.co](https://thesmoo.co) or go to:

