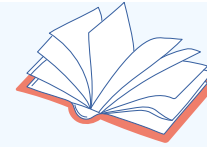


KIM & KALEE'S

#75SOFTCHALLENGE



DAY

NOTES

Kim & Kalee

1. Healthy Food Choices
2. Workout 4x times a week 30 mins
3. Drink 1/2 your body weight in oz of H2O
4. Meditate 5+ mins each day
5. Read or listen to personal development or inspiring for 10 min each day.