

30 day challenge

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31					

Follow Plan
Workout
Drink Water

#itsketosis30daychallenge



be the best version of
yourself today!