




































GEL ANYWHERE - YOU vs YOU Challenge

My SMART goal/s: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Achievement & Positives of the week
Week 1 Monday 27 July 							 
Week 2 							 
Week 3 							 
Week 4 							 
Week 5 							 
Week 6 					Saturday 5 Sept  CLOSING CEREMONY		 Achievement of the CHALLENGE  Positive of the CHALLENGE

“Be the best version of you”

-  GEL Bites nutrition session
-  Info session
-  Achievement of the week
-  Positive of the week

