

STOP the madness



action guide

DAY 5

Welcome to the Masterclass! Today you'll learn the **3 things to STOP doing now to get through this crisis without sabotaging your health.**

Mistake #1 : _____

Solution: _____

Mistake #2: _____

Solution: _____

_____ trumps _____ every time.

Set the _____ .

Mistake #3: _____ up on _____

Solution: _____

_____ .

Be _____ to _____ .

DAY 5 - ACTION STEPS

1. COMPLETE THIS ACTION GUIDE.

All the answers will be revealed during the [3 things to STOP doing now to get through this crisis without sabotaging your health Masterclass](#).



2. POST UNDER TODAY'S GRAPHIC.

Under today's graphic, declare your commitment to getting healthy.

3. CELEBRATE YOUR PROGRESS WITH THE [CONNECT TO CONQUER CHALLENGE SCORECARD](#).

Head on over to [Facebook](#) and post a photo of your completed scorecard. Remember, it doesn't have to be perfect to post it and be eligible for prizes! We'll raffle off some great stuff over the next few days to celebrate your participation and commitment to getting healthy and losing weight. Good luck! Thank you for joining me in this challenge. It's been an honor to help you!