



My biggest challenges are or is:

www.KetoLifestyleForWomen.com

What has been a challenge with food, eating lifestyle, supplements, working out that is holding you back? Don't hold back on this assignment, be honest with yourself, write out here and its time to make the negatives work for you and not against you. We will work this in class.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.