



90 DAY TRANSFORMATION
This is **Me!**

Family Support

When you're working hard on a goal like changing thought patterns, weight loss you're inspiring others to think about their own goals too!

If you haven't done so already, today is the day to share your inspiration in the comments below, and help others! Getting your partner & kids involved can go a long way to you sticking with the programme because you're supporting each other.

Who would you like to do the programme with you?

How will you get them involved?

What's your inspiration?

How will you deal with it if they don't want to support you?

Love Rach xx