



## MY GOAL

# 30 DAY BETTY ROCKER

Daily workout videos from Betty Rucker sent by email for 1 full month.

## NOTES:

**RESOURCES:** Sign up for the [FREE Betty Rucker Challenge](#) and receive daily emailed videos.

**SUGGESTED GOAL PAIRINGS:** Track Progress - Log Food - Healthy Meal Plan

**PROGRESS:** For every day you do your Betty Rucker workout video, color in the box. Modify exercises as needed.

