



## Welcome to the Good Fat Life 60-Day Challenge!

Hello,

A heartfelt welcome to the Good Fat Life 60-Day Love Yourself Challenge community!

Your commitment to dedicating 15 minutes a day to your well-being is truly commendable, and we're excited to have you on this journey of self-care and joy.

### What's Awaiting You?

**Community Support:** You're part of a community that values well-being. Stay tuned for pop-up events around town, announced via email, text, and social media. Check out the calendar at <https://www.goodfatlife.com/events>.

**Fun Pop-Up Events:** Partnering with 21 local businesses, we've curated inspiring events to help you connect with your community and discover new ways to prioritize your well-being.

**Complimentary Gift:** Completing the challenge enters you into a drawing for fun gifts curated to further support your well-being. It's our way of celebrating your commitment to yourself!

### Stay Connected:

Join the conversation using #GoodFatLifeChallenge on social media. Share your progress, connect with others, and be part of a community that celebrates well-being.

Thank you for making self-care a priority in 2024. Here's to a journey of self-discovery, self-love, and well-being!

Be well!

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# GOOD<sup>TM</sup> FAT LIFE



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It is no secret that here in the Midwest, January, February, and March can be pretty cold, dark, and unmotivating when it comes to getting out and caring for ourselves. Snuggling down on the couch, binge-watching our favorite shows, and eating comfort food is easy.

We at Good Fat Life recognize our creature comfort nature and have created a self-care challenged design to inspire you to take at least one daily action for 60 days that supports your overall well-being. You must commit to spending 15 minutes a day for 60 days doing something supporting your self-care. Use the avocado tree to record your progress by coloring in an avocado and recording your action on the corresponding chart. We have 21 businesses supporting your success by hosting at least one pop-up event during the first quarter of the year that will be fun and inspiring and that you can do in the community. The schedule of events will be posted on [GoodFatLife.com/events](http://GoodFatLife.com/events) and at each participating company.

Actions to take to participate:

- 1) Make a commitment to give yourself a treat this winter
- 2) Go to [goodfatlife.com](http://goodfatlife.com) to sign up and check out the schedule of events
- 3) After you have completed the 60 days, email a copy of your tree and the filled-in chart to Hily at [Hily@GoodFatLife.com](mailto:Hily@GoodFatLife.com).
- 4) You will be entered into a drawing to receive fun, complimentary gifts to support you on your journey!

1. _____	22. _____	43. _____
2. _____	23. _____	44. _____
3. _____	24. _____	45. _____
4. _____	25. _____	46. _____
5. _____	26. _____	47. _____
6. _____	27. _____	48. _____
7. _____	28. _____	49. _____
8. _____	29. _____	50. _____
9. _____	30. _____	51. _____
10. _____	31. _____	52. _____
11. _____	32. _____	53. _____
12. _____	33. _____	54. _____
13. _____	34. _____	55. _____
14. _____	35. _____	56. _____
15. _____	36. _____	57. _____
16. _____	37. _____	58. _____
17. _____	38. _____	59. _____
18. _____	39. _____	60. _____
19. _____	40. _____	
20. _____	41. _____	
21. _____	42. _____	

