



Square Box Fitness: 2018 In Review

LIVE WELL WITH FITNESS!



PROUD.

Reflect on your year of fitness and write down one thing that has changed for the better.



LESSONS?

Write down two positive lessons you learned this year. Take the lessons with you into 2019.



LET GO...

Identify three things that have held you back from fitness. Write them down and let them go in 2018.



2019 FIT!

Start planning for your 2019 fitness challenge! Wishing you WELLth in 2019!