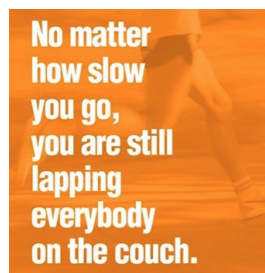


No matter how slow you go, you are still lapping everyone on the couch



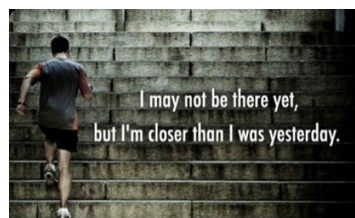
The difference between your body this week and next week is what you do for the next seven days to achieve your goals.



The difference between who you are and who you want to be is what you do



I may not be there yet but I'm closer than I was yesterday



Every new day is another chance to change your life



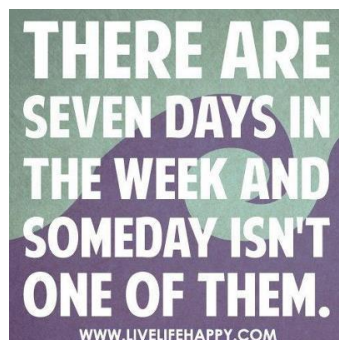
You don't have to see the whole staircase , just to take the first step



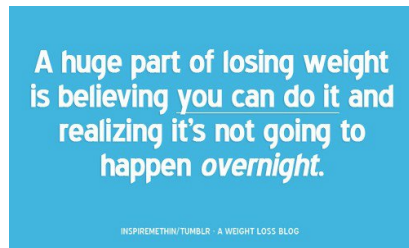
You don't have to be great to start, but you have to start to be great.



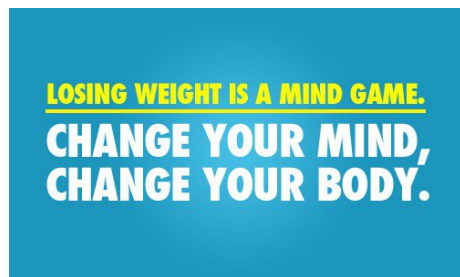
There are seven days in a week and someday isn't one of them



A huge part of losing weight is believing that you can do it, and realising that it's not going to happen overnight.



Losing weight is a mind game. Change your mind. Change your body.



Every accomplishment starts with a decision to try



The only person you should try to be better than, is the person you were yesterday



Good things come to those who work for it



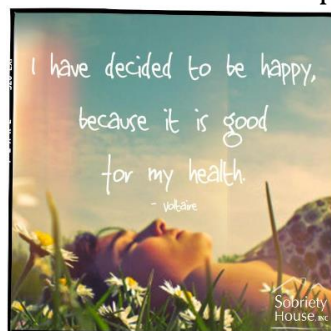
A journey of a thousand miles begins with a single step. Start now.



There are no shortcuts to any place worth going



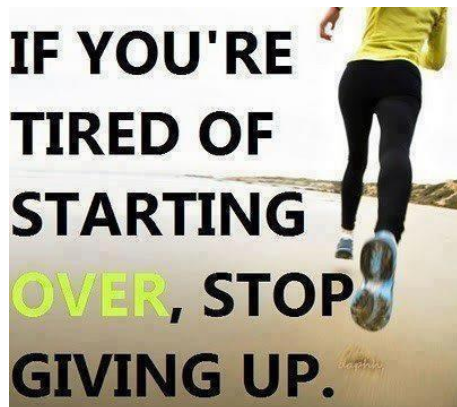
I have decided to be happy. It's good for my health, and for everyone else!



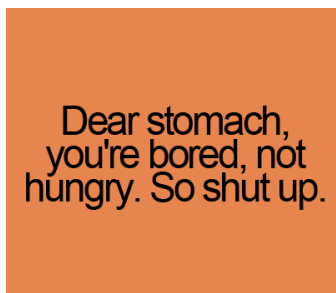
If it's important to you, you will find a way. If not, you'll find an excuse.



If you're tired of starting over. Stop giving up.



Dear Stomach. You're bored, not hungry so shut up!



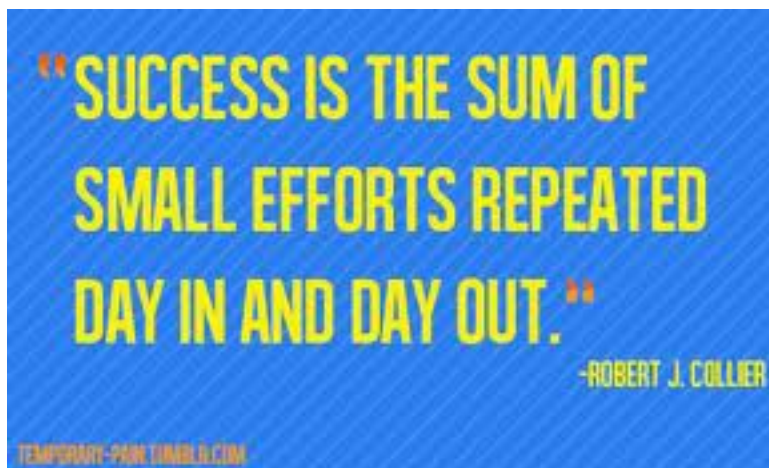
Sweat is fat crying



Instead of giving myself reasons why I can't. I give myself reasons why I can.



Success is the sum of small efforts repeated day in and day out.



It never gets easier. You just get better.





Stop beating yourself up! You are a work in progress, which means you get there a little at a time. Not all at once.

Stop beating yourself up! You are a work in progress, which means you get there a little at a time, not all at once.

There is only one way to success in anything.  
That's to give it everything.



Don't count the days. Make the days count.

DON'T COUNT  
THE DAYS.

MAKE THE DAYS  
COUNT.

What you do today can improve all your tomorrows

