

OWNERSHIP CHECKLIST

Take ownership of your decisions and accept the consequences

MILESTONE #1

- I promise to commit to this process so I can experience just how amazing I can really feel and starting living a life beyond belief...without dieting!

ACTION TASKS

- Have you written down how you are feeling now and how you WANT to feel in an ideal world?
- Have you joined the Tribe Facebook Group and introduced yourself?
- Have you printed off the Personal Contract of Commitment, signed it, and put it on your 'wardrobe door'?

MILESTONE #2

- I am aware that this is my experience and my journey – I am taking inspiration from others but not letting their success overwhelm me.

ACTION TASKS

- Have you left a comment on at least 5 other people's posts in the Tribe Facebook Group...(who were they?) .
- Have you read the RULES in the Facebook Group?

MILESTONE #3

- I accept that I am not going to feel amazing everyday and that the down days are an important part of my experience.

ACTION TASKS

- Have you written down one time when you were in your 'winter', and one when you were in your 'summer'?
- Have you printed off / saved the Walk and Water Awareness sheet?
- Have you chosen / bought your water bottle?
- Have you written down your steps and water on the Walk and Water Awareness sheet every day?

MILESTONE #4

- I commit to exploring more awareness of self-care and increasing my number on the line of life.

ACTION TASKS

- Have you written down lists of things you have NOT completed and things you HAVE completed?
- Have you written down your Line of Life score on the Walk and Water Awareness sheet every day?

MILESTONE #5

- I have set my fitness benchmark

ACTION TASKS

- Have you completed the fitness test and marked down your time?

- Have you watched all of Sally's recent Magic Monday Live videos in the Facebook group?