* Complete the 30-Day Plank Challenge:



* Eliminate eating/cooking fried food for the entire month of September. Bake, grill, or boil only!!!

NO ![C:\Users\blemon\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\V53Q92OU\frying-pan-vb[1].gif]() ![C:\Users\blemon\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\S5VD9WW5\th2YOHJTWD-6a2641d451d9545a08f19deead077b6e-250x250-100-crop[1].jpg]()

If you have any questions or concerns regarding the challenges, please feel free to schedule a time to talk with me. I want to help you meet these challenges!