* Complete the 30 Day Guns, Buns, & Ab Challenge



* Try a ***new*** healthy recipe at least once a week for the month of July 2015. [www.skinnytaste.com](http://www.skinnytaste.com) has some yummy but healthy ideas : )

![C:\Users\blemon\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\MV8QKL0A\Winfield-Woodworks-recipe-box[1].png]()

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!