* Complete the 30 Day Squat Challenge, either the “Beginner” or “Advanced” option:





* Eliminate fast-food eating for the entire month of June 2015

![C:\Users\blemon\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\CKKBENNK\no-sign[1].png]()![C:\Users\blemon\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\V53Q92OU\depositphotos_2709311-Cartoon-french-fries[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!