

Thanks for downloading! We hope that you  
**LOVE YOUR PRINTABLE!**



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## GET OUR 7 DAYS OF LOVE PROGRAM FOR FREE!

Get ready to have a great time learning how to love your spouse! What's that, you already know how? Well, The Dating Divas are here to give you a whole new perspective on delighting your better half with our incredible 7 Days of Love Program... and its absolutely free when you sign up for our newsletter!

Each day, for the next 7 days, you'll get a super-easy and fun way to connect with your spouse. At the end of this week, no matter how well you thought you knew your spouse, you'll have a whole new way of looking at the ways in which they love to be loved!

**CLICK HERE TO SIGN UP!**

the  
**DATING**  **DIVAS**

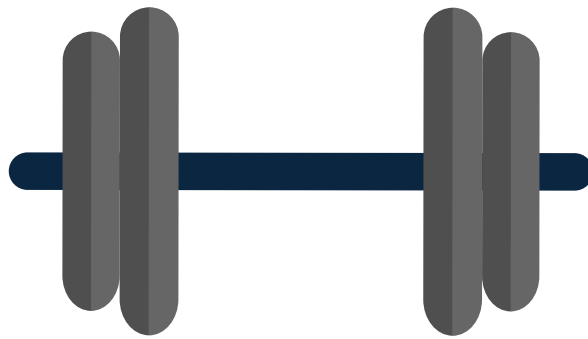
STRENGTHENING MARRIAGES, ONE DATE AT A TIME



*Couples*  
**WEIGHT  
LOSS  
CHALLENGE**

PRINTABLES DESIGNED BY ELIZABETH EDWARDS  
EXCLUSIVELY FOR THE DATING DIVAS

Ready, set, sweat...



—Join me for a—

**WEIGHT  
LOSS  
CHALLENGE**

Start date:

End date:

INVITATION

MONTH: \_\_\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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BLANK FITNESS CALENDAR

# PRE-CHALLENGE GOALS

NAME: \_\_\_\_\_

STARTING WEIGHT: \_\_\_\_\_

What are your EXERCISE goals for the next 8 weeks?



What are your DIET goals for the next 8 weeks?



What are your HYDRATION goals for the next 8 weeks?



What are your PERSONAL DEVELOPMENT goals for the next 8 weeks?



# CHALLENGE

NAME: \_\_\_\_\_

ENDING WEIGHT: \_\_\_\_\_

# REVIEW

Describe your EXERCISE experience from the past 8 weeks.



Describe your DIET experience from the past 8 weeks.



Describe your HYDRATION experience from the past 8 weeks.



Describe your PERSONAL DEVELOPMENT experience from the past 8 weeks.



**JUST SAY NO  
(TO SUGAR!)**

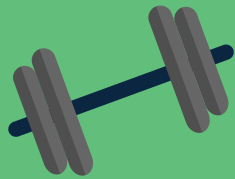


**DROP IT  
LIKE A  
SQUAT**

**I'M SO  
PROUD  
OF YOU**



**ONE STEP  
AT A TIME**



**LOOK AT  
THOSE GUNS**

**DO IT FOR  
THE BOOTY**

**NEVER  
GIVE UP.**

**PUMP IT.  
PUMP IT.**

