







21 Days to be Fit By Your Design

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Step By Step Guide Guide

Six 21 Day Challenges with Self Assured Progress Each and Every Day!

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Authors Note

Whether you have difficult physical challenges or have had life throw you one too many curve-balls, this interactive guide aims to hit those curve-balls out of the park.

This guidebook contains over 20 years of personal training and life coaching experience with hundreds of clients who have benefited from this self help style of training.

Manage tough challenges with solution-focused techniques that are specifically designed to bring out the very best in your talents and abilities. Be inspired as you learn how to develop qualities to the level of simplicity in spirit, mind, and body.

Never underestimate the power of your thoughts! To be fit by design means to personal train from the inside out. Be fit by your design is all about you, the one who can achieve outstanding results.

Thrive and live a joyful life!



Quick Start Empower Cards

It is best if you take your time to complete each phase of training, but if you want to start quickly, go ahead and click on the star above. Make the commitment to feel good each and every day.

Carpe' diem.
Donna Marchand, CPT