

# Movement Challenge

Get on it... Get Movin'... Get Energized.

ARE YOU...

- Too exhausted for sex, friends, YOURSELF?
- Pressured by expectations, perfection, or outcomes?
- Overwhelmed with all you have to do?
- Feeling like there's not enough time?
- Crabby or short-tempered?
- Trying to please everyone?
- Lonely? Helpless?
- Feeling like you're unworthy of success?

Who is this for?

The person wanting to grow their business...

The overwhelmed, overly tired mama...

The ones wanting to make a change in their life...

The retired...

SHARE - because everything we do has a ripple effect.

Social: @KimberlyAnnPrice

Kimberly Ann Price  
be.

#IAmMustopposable



Kimberly Ann Price

# JULY 2019: MOVEMENT

*#IamUnstoppable*

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

*Challenge Day!*

*Challenge Day!*

*Challenge Day!*

*Week 1*  
JULY 7 - 13

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

*Challenge Day!*

*Challenge Day!*

*Challenge Day!*

*Week 2*  
JULY 14 - 20

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

*Challenge Day!*

*Challenge Day!*

*Challenge Day!*

*Challenge Day!*

*Week 3*  
JULY 21 - 27