

30-Day Jump & Juice Challenge

■ My Weight Today: _____

■ My Energy (1-10): _____

■ My Mood in One Word: _____

■ My Skin Glow: _____

■ Rope Jumps This Week: _____

■ Juices I Tried: _____

■ Note to Myself:

Keep jumping. Keep glowing. ■ Your Skin Expert

www.yourskinexpert.ie