

NEW YEAR NEW ME CHALLENGE DOEL(EN)



NEW YEAR NEW ME CHALLENGE

WAAR BEN IK DANKBAAR
VOOR VANDAAG?



NEW YEAR NEW ME CHALLENGE

WIE/WAT INSPIREERT EN
MOTIVEERT MIJ?



NEW YEAR NEW ME CHALLENGE

IK BEN VANDAAG TROTS OP....



NEW YEAR NEW ME CHALLENGE

WAT IS MIJN FOCUS VOOR
VANDAAG?



NEW YEAR NEW ME CHALLENGE

MIJN INGEPLANDE BEWEEG
& SPORTMOMENTEN

MA:

DI:

WOE:

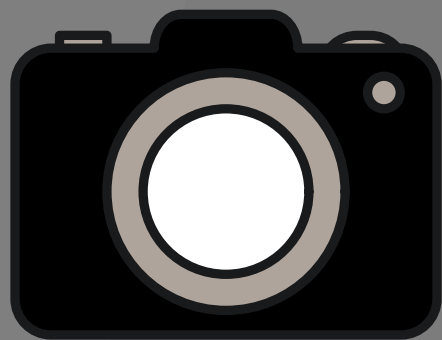
DO:

VRIJ:

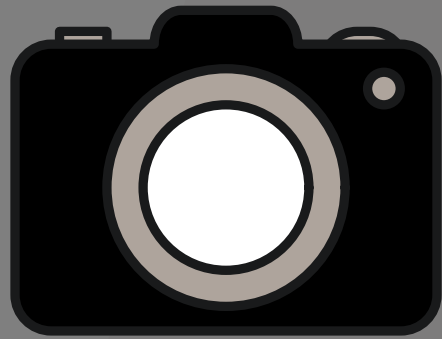
ZA:

ZO:

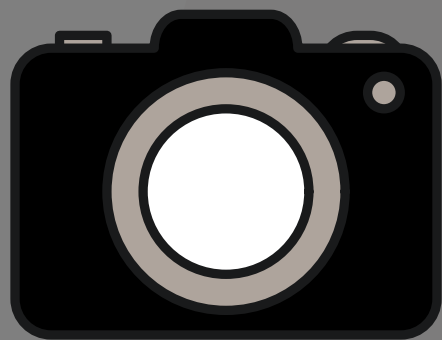
**NEW YEAR
NEW ME
CHALLENGE
ONTBIJTJE**



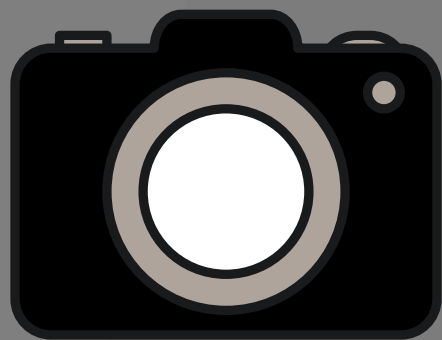
**NEW YEAR
NEW ME
CHALLENGE
LUNCH**



**NEW YEAR
NEW ME
CHALLENGE
AVONDETEN**

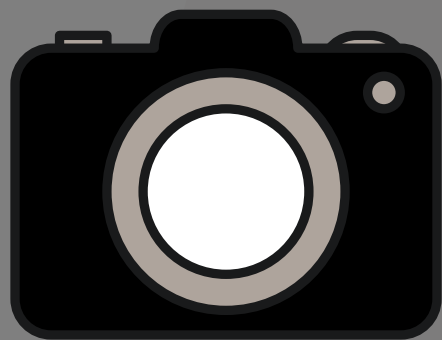


**NEW YEAR
NEW ME
CHALLENGE
SNACK**



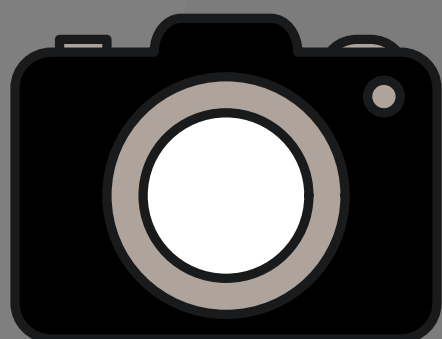
NEW YEAR NEW ME CHALLENGE

QUOTE VAN DE DAG



NEW YEAR NEW ME CHALLENGE

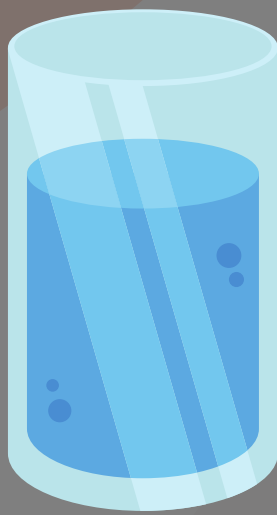
MIJN FAVORIETE MAALTIJD



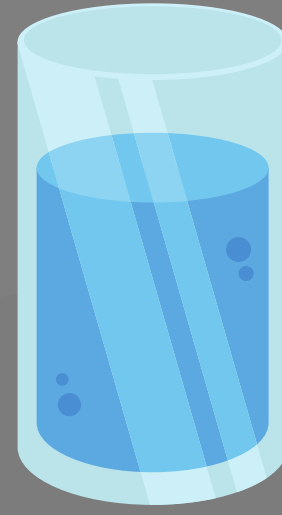
NEW YEAR NEW ME CHALLENGE WATERTRACKER



500 ML



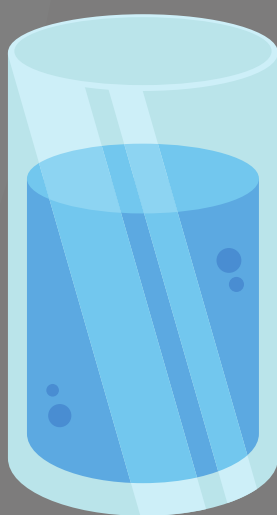
500 ML



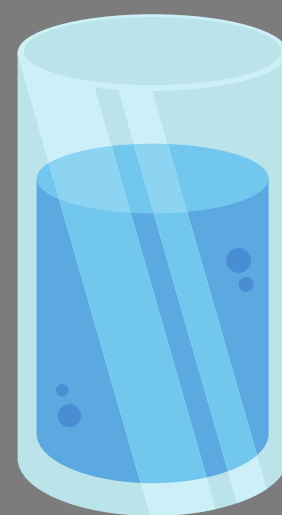
500 ML



500 ML



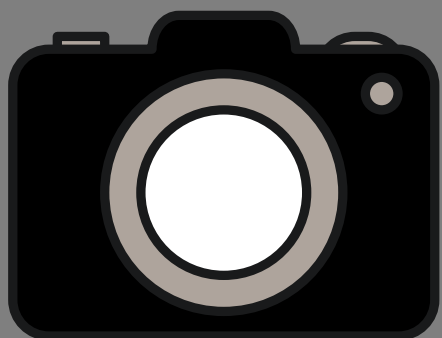
500 ML



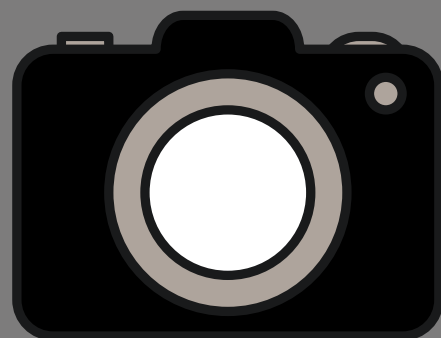
500 ML

NEW YEAR NEW YOU CHALLENGE EINDRESULTAAT

BEFORE



AFTER



NEW YEAR NEW ME

6 WEKEN CHALLENGE



1 WEEK PROGRESSIE

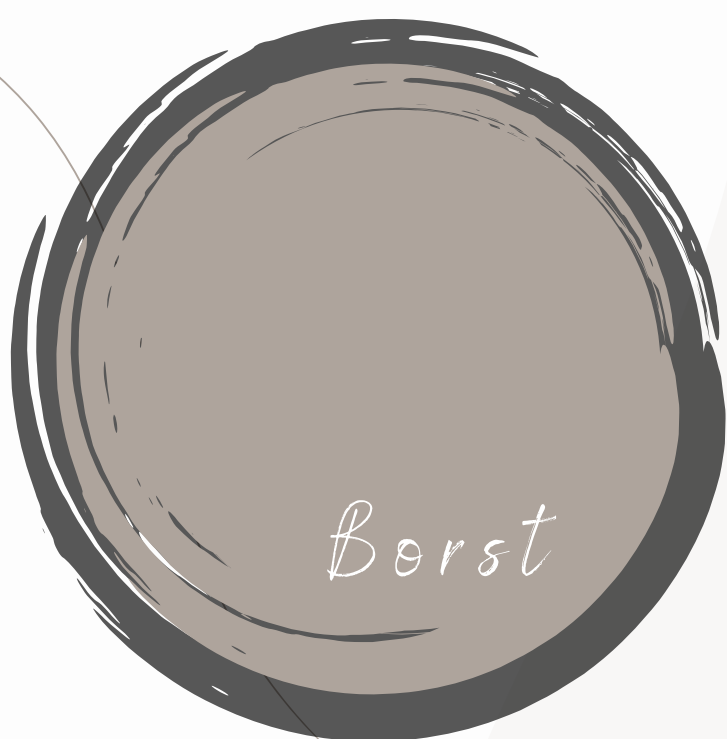


NEW YEAR NEW ME

6 WEKEN CHALLENGE



2 WEKEN PROGRESSIE



NEW YEAR NEW ME

6 WEKEN CHALLENGE

Gewicht

Taille

3 WEKEN PROGRESSIE

Borst

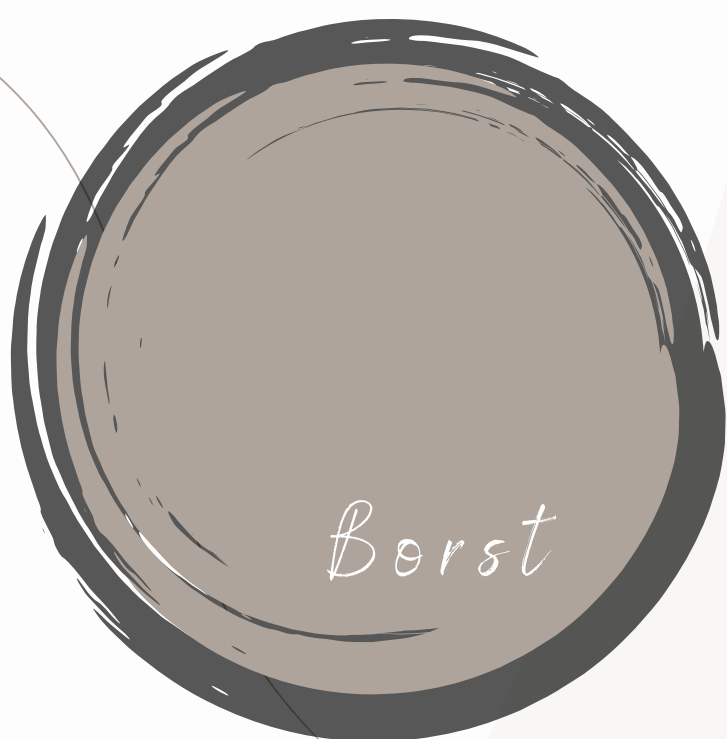
Heupen

NEW YEAR NEW ME

6 WEKEN CHALLENGE



4 WEKEN PROGRESSIE

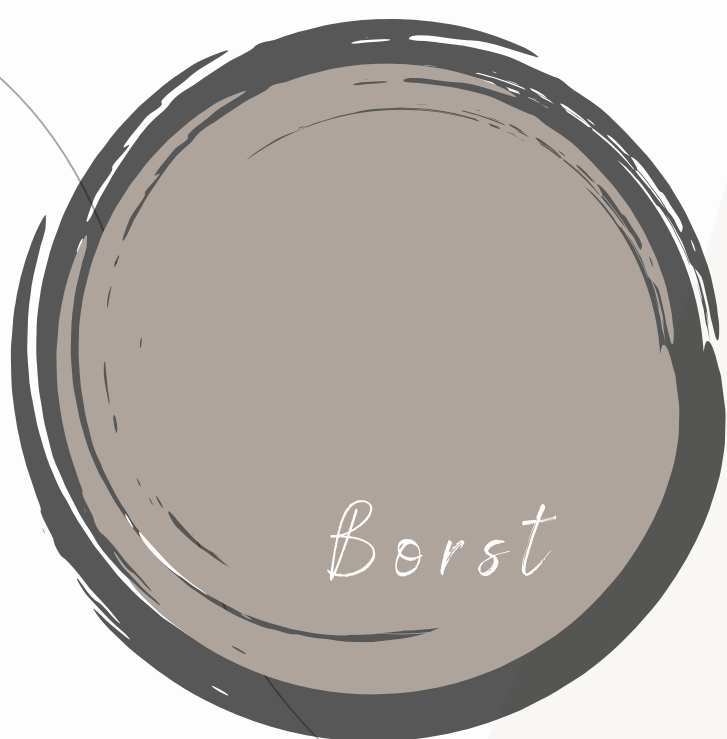


NEW YEAR NEW ME

6 WEKEN CHALLENGE



5 WEKEN PROGRESSIE



NEW YEAR NEW ME

6 WEKEN CHALLENGE



6 WEKEN PROGRESSIE

