

2 WEEK

Sparkle

BODY & SPARKLE CHALLENGE

Stronger body. More energy. Sparkly you! ♥

YOU DON'T
HAVE TO BE
PERFECT.
YOU JUST HAVE
TO START.

♥ MOVE

Short, simple workouts & daily movement.



FUEL

Eat well, choose whole foods & drink plenty of water.



HYDRATE

Water is your magic potion!
Sip, sip, Sparkle!



MINDSET

Celebrate every little win.
You've got this!



CREATE

Spend 20 minutes making something that brings you joy.



14 DAYS OF SPARKLE

DAY 1

Today is your fresh start!

DAY 2

Small steps create big change.

DAY 3

Move your body, boost your mood.

DAY 4

Hydrate, nourish, thrive.

DAY 5

You're stronger than you think.

DAY 6

Progress, not perfection.

DAY 7

You did it! Take a moment to be proud.

DAY 8

Keep showing up for you.

DAY 9

Energy comes from consistency.

DAY 10

Stronger every single day.

DAY 11

Drink water. Love yourself. Keep going.

DAY 12

You're building habits, not just results.

DAY 13

Almost there! Don't stop now.

DAY 14

You did it! You're a Sparkle Star!

DAILY MOVEMENT IDEAS

- ♥ 5 minute fast walk
- ♥ Short, simple arms workout
- ♥ 15 minute full body workout
- ♥ Stretch & flex
- ♥ Go for a walk outdoors
- ♥ Dance to 3 songs!



HYDRATION GOAL

Aim for 6-8 glasses of water each day



Every sip counts! ♥

EATING FOR ENERGY

- ♥ Choose whole, unprocessed foods
- ♥ Add colourful fruit & veg
- ♥ Include protein at every meal
- ♥ Don't skip meals
- ♥ Plan ahead & prep when you can
- ♥ Enjoy treats mindfully!



REWARD YOURSELF!

Choose a sewing treat to celebrate completing your 2 weeks of sparkle.

- ♥ Cut into that 'special' fabric.
- ♥ Start the pattern you've been saving.
- ♥ Enjoy a guilt-free afternoon of sewing just for you.



Don't forget to Sparkle!

Collect little wins. Build big sparkle... one stitch at a time. ♥