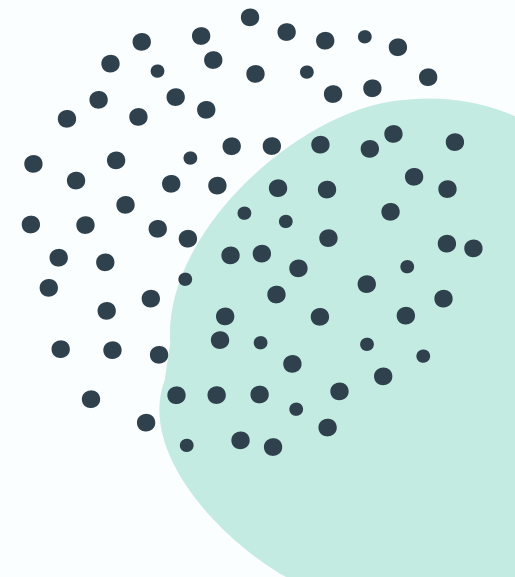


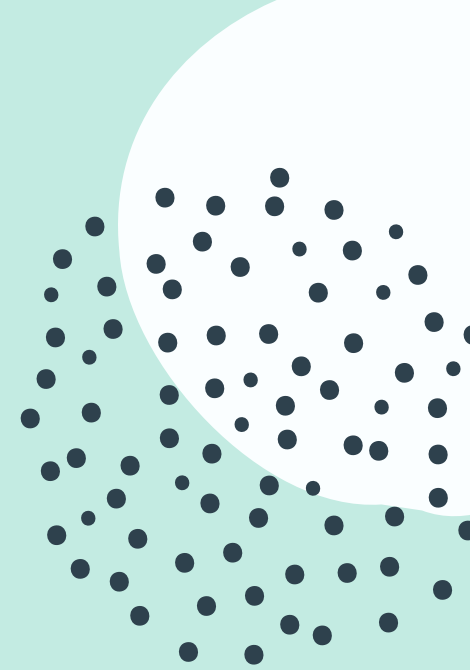
**BE111-07**  
**SPRING 2020**

# **MY 30 DAY CHALLENGE**

Presentation by Trina Rena



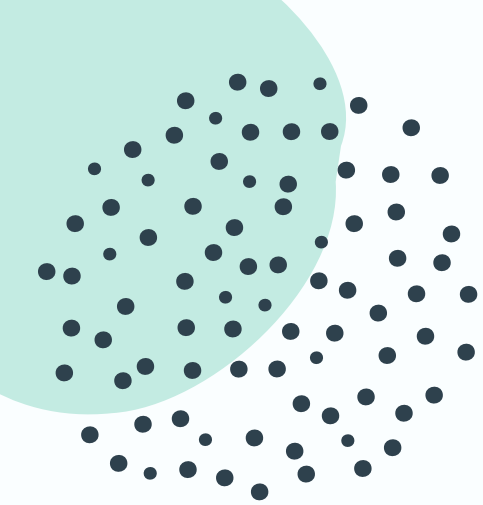
# Cutting rice entirely from my diet...



## BREAKFAST, LUNCH, & DINNER

Goals:

- Practice my self-control
- Loose weight



## HOW?!

- Substitute rice with whole wheat bread
- Increase my dish intake
- Drink plenty of water
- Occasionally, throw in some at home workouts and jogging



# Evaluation

AT THE BEGINNING AND AT THE END OF  
THE CHALLENGE I WILL...

- TAKE PICTURES
- MEASURE MY WEIGHT
- MEASURE MY WAIST