

ANZ 30-DAY CHALLENGE

30-DAY CHALLENGE CHECKLIST

Keen to join the fun of the ANZ 30-Day Challenge? 15 June is just around the corner! Here's a checklist to make sure you're ready to take on the Challenge.



Download the **IsaLife™ App** on Google Play or the App Store



Join the ANZ 30-Day Challenge Facebook Group.

ISABODY
CHALLENGE®

Start an IsaBody Challenge® to access even more useful resources for your 30-Day Challenge and beyond!



Make the most of the IsaBody Fitness Program and IsaBody Challenge Community of 15,000 members.



Set your goals and take your starting measurements using our Measurement Tracker.



Keep track of each daily exercise by following the 30-Day Challenge Workout Plan.

LET THE 30-DAY CHALLENGE BEGIN!