

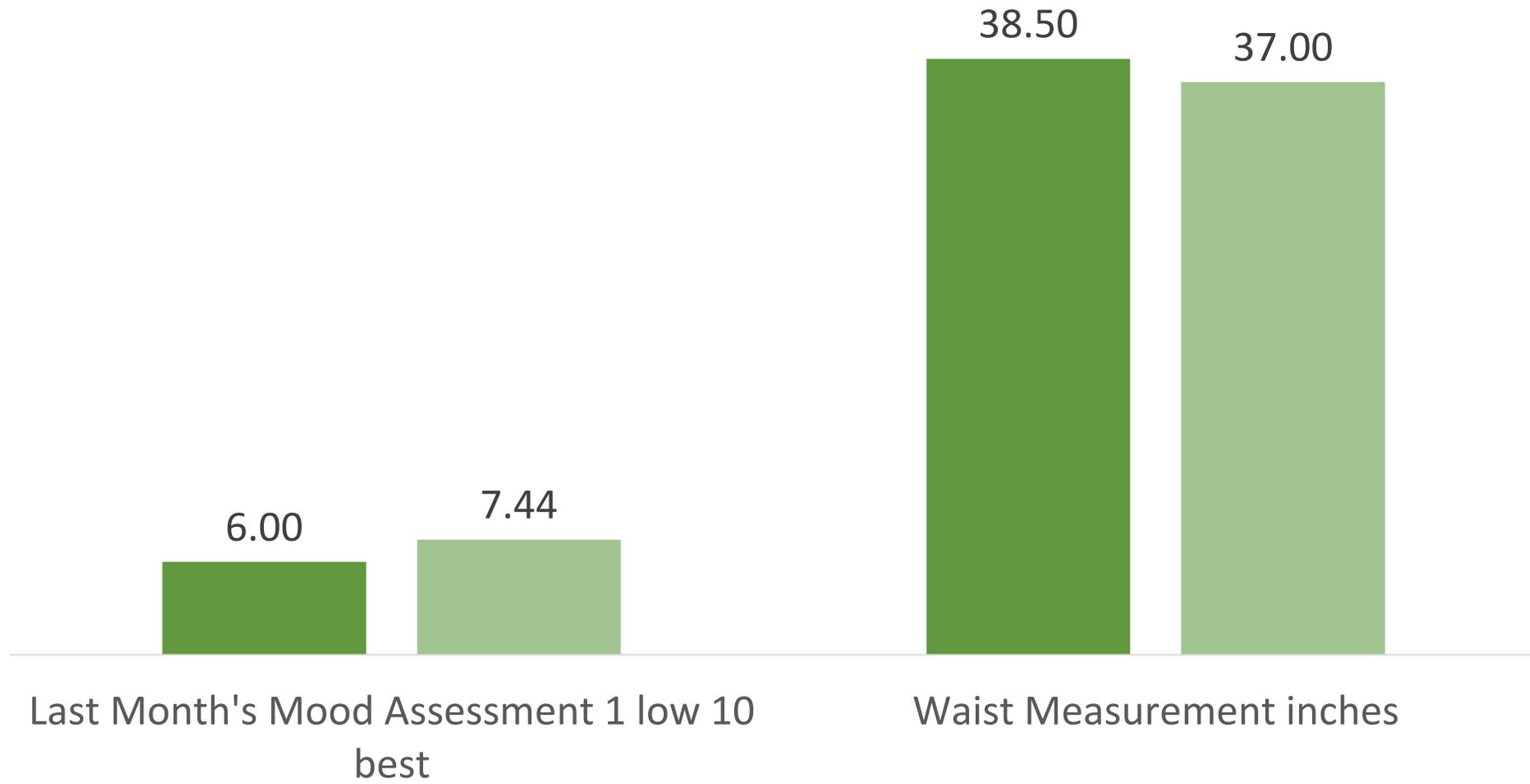
The First Class: July 8 to August 4, 2019

32 participants completed pre-survey

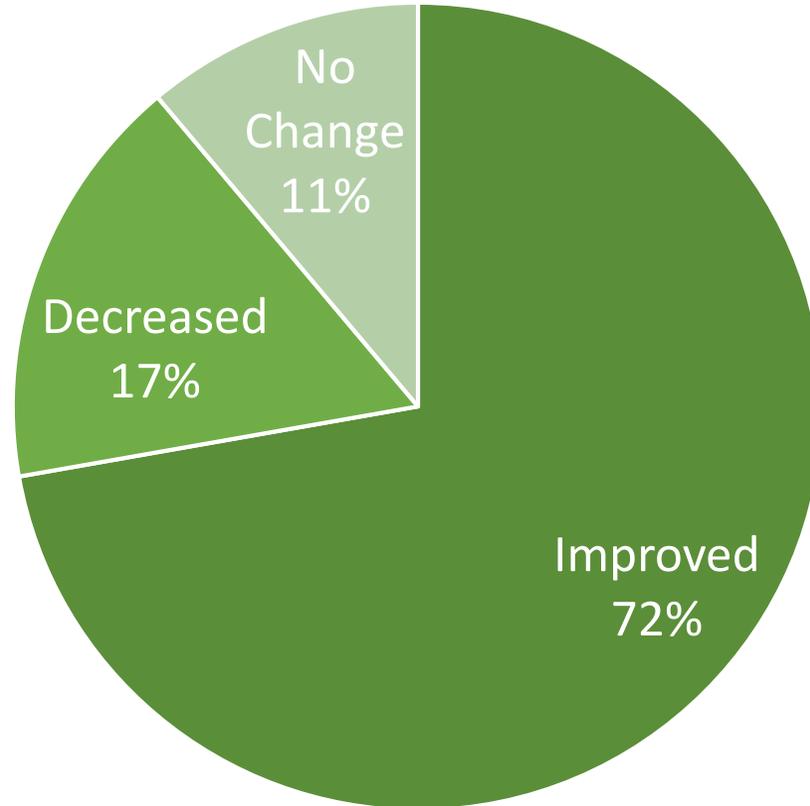
18 participants completed pre- and post-surveys



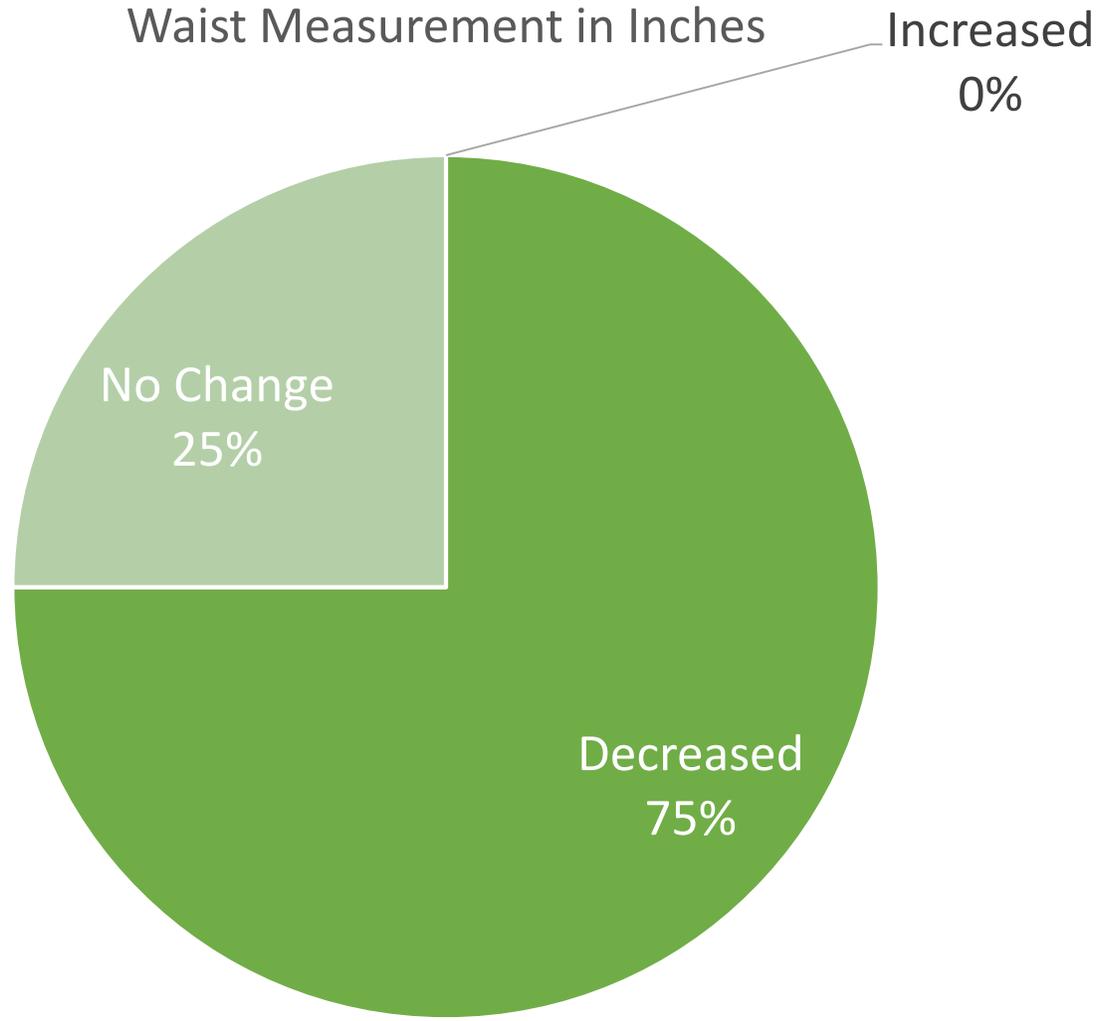
Before and After!



Previous Month Mood Assessment (In the last 30 days, I mostly felt
(from 1 to 10))

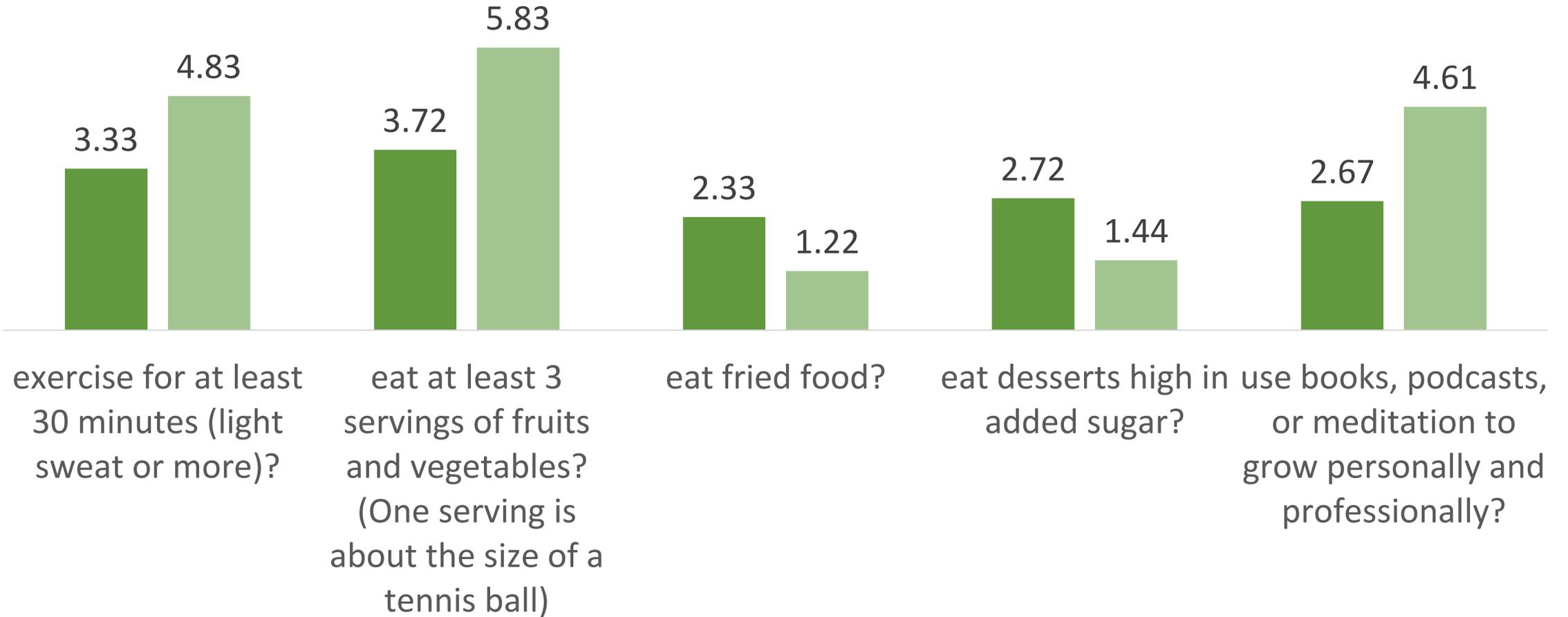


Waist Measurement in Inches



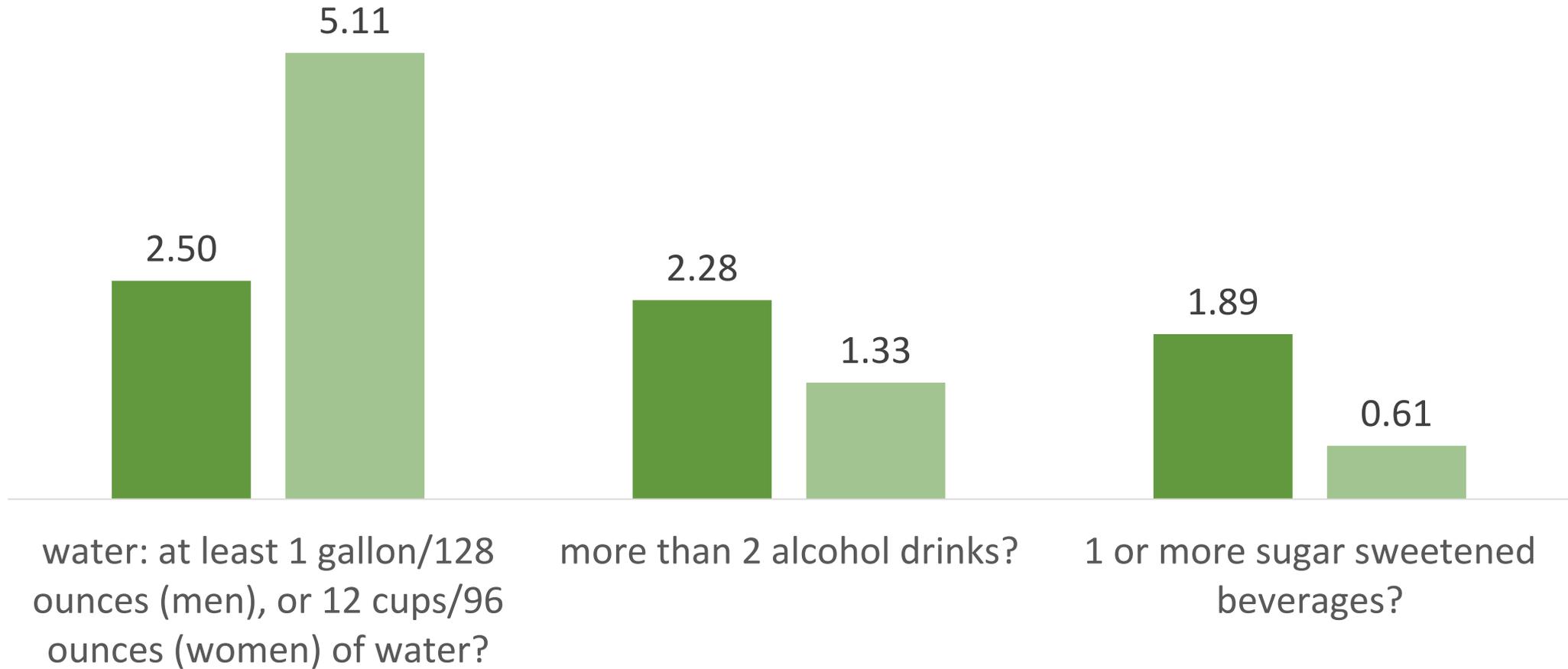
How Many Days Per Week Did You

■ Before ■ During



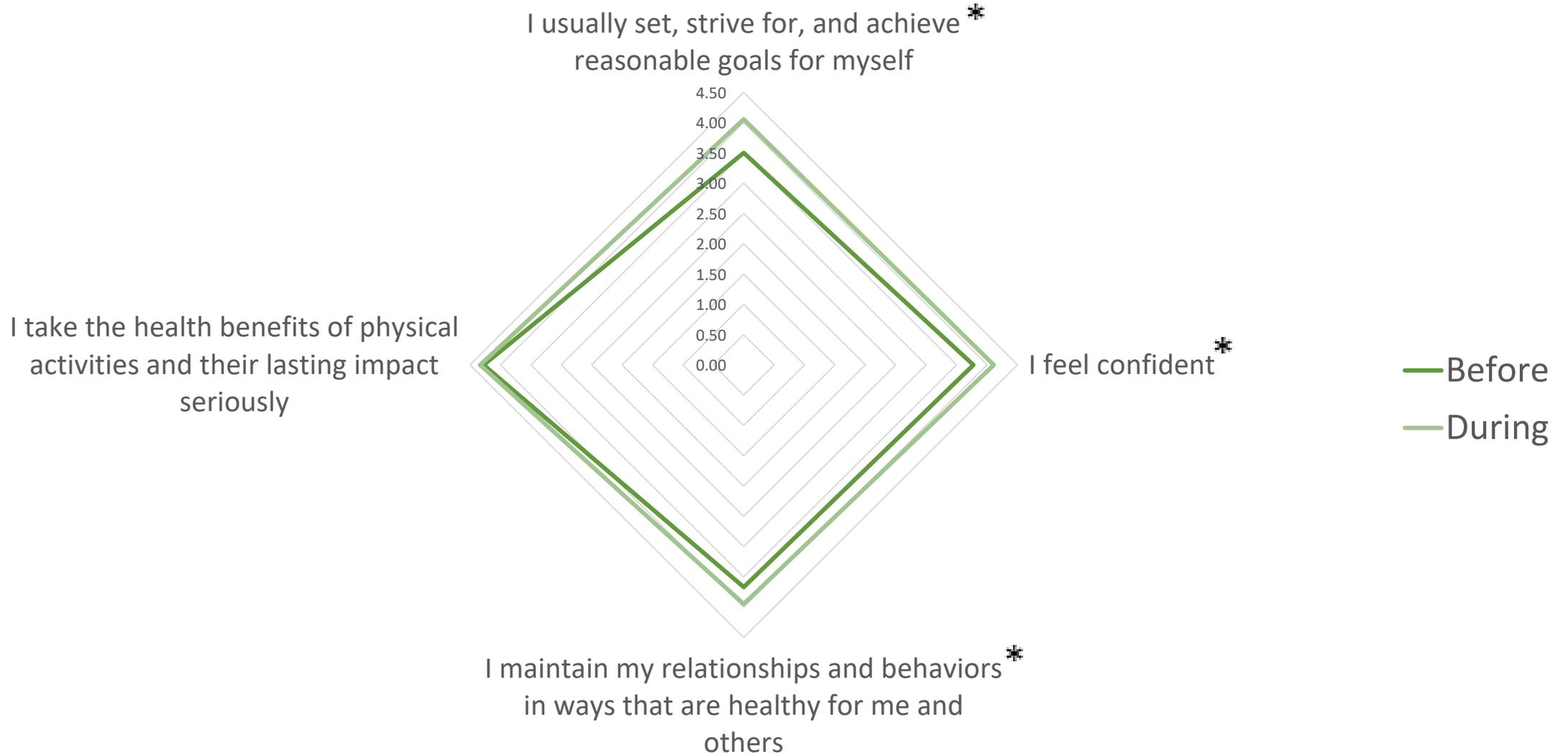
How Many Days Per Week Did You Drink

■ Before ■ During



Confidence

1=strongly disagree, 5=strongly agree



* Indicates statistical significance at alpha=.05

Work-Life Balance

1=strongly disagree, 5=strongly agree



* Indicates statistical significance at alpha=.05 (none in first class averages)



Thanks!

Thanks for saying yes to YOU and taking the Health Habits Challenge! I hope you enjoyed practicing habits that make you feel great and work better. Refer a friend to fitforfreelance.com/yes

Keep in touch on [@fitforfreelance](https://www.instagram.com/fitforfreelance) and facebook.com/fitforfreelance

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