

# Vibrant Life Coaching

with Mindset, Nutrition and Lifestyle Coach Sherri Vieira

## Habit Tracker

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

# Vibrant Life Coaching

with Mindset, Nutrition and Lifestyle Coach Sherri Vieira

## Follow along & Share

follow me on instagram to see the habits I am working to create and share yours with me, tag @myvibrantlifestyle

 [@myvibrantlifestyle](https://www.instagram.com/myvibrantlifestyle)

## 1:1 Coaching

Work with me directly to lose weight, gain energy, increase your self love and create your most Vibrant Life.

Reach out to me directly to hear my current offers at  
[info@myvibrantlifestyle.com](mailto:info@myvibrantlifestyle.com)

or check out my website for more info at [www.myvibrantlifestyle.com](http://www.myvibrantlifestyle.com)

## Free Resources

Join our community of like minded women where I share tips and tools and answer your questions all about living your most Vibrant Life

Join here <https://www.facebook.com/groups/vibrantlifeweightloss>

## More Support

follow on social media

[facebook.com/myvibrantlifestyle](https://www.facebook.com/myvibrantlifestyle)

 [@myvibrantlifestyle](https://www.instagram.com/myvibrantlifestyle)