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So I did it. I found Fit Girl's Guide and I worked my butt off to become this healthier, stronger more confident version of myself! Anyone can do it with a little discipline and motivation!" by @fitgirl_sgirl. Freaking Epic! "I'm no longer focused on the scale. I'm focused on making sure that I'm the healthiest me that I can be.

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So I took the steps to participate which included downloading their temporarily free eBook online (normally 30 dollars, as of Aug 5, 2014, it is only 17.99) and posting a screenshot of the eBook on Instagram (mine is the pic above) and tagging it #fitgirlsguide. I also had to make a heart with my goals for the challenge as well as take a vertical front and side before and after photo holding ...

[Fit Girls Guide 28 Day Challenge | A Pristine Lifestyle Blog](#)

The Instragram fitness community is currently going crazy over the Fit Girls Guide. This program, which started as ebooks before evolving into an Instagram revolution, is aiming to flood the world...

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Q: WHAT ' S THE DIFFERENCE BETWEEN THE JUMPSTART AND THE FITKINI

EBOOKS? A: Our books are designed to be done in order. First the 28 Day Jumpstart and then the Fitkini Body Challenge. The Fitkini is a harder Challenge with totally different workouts and recipes designed for girls who have a solid level of physical fitness.

Contact - Fit Girls

The Fit Girl mission is to flood the world with fantastic female energy. We've made small changes based on your feedback, like restoring push and local notifications for motivation, in addition to minor bug fixes and performance optimizations.

Fit Girls Guide on the App Store

UPDATE 1/30/2017: I ' ve lost 80lbs since this post in 2014!!! UPDATE 3/4/2016: I ' ve lost 62lbs since this post in 2014!!! As you know, we have been on a journey to a healthier lifestyle. As I scrolled through Instagram I came across an account for @FitGirlsWorldWide and the 28 day Jumpstart this weekend. Grocery lists, meal plans, workout plans, a HUGE support group and fun?!

Fit Girls Guide - A 28 Day Jumpstart

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