

Today, it marks 6 weeks since you started.

Well I am so glad you have kept the consistency and kept on working out.

And you might have already seen some results by now.

Now, it is going to be hard for some to continue and keep on pushing.

AND THIS IS NORMAL,

Many people tend to lose motivation midway through their journey.

Your body feels different, you might have muscle pain and being more tired,

These are all signs of your body improving, so don't worry.

YOU ARE DOING GREAT.

You have kept your discipline and workout consistently, many don't come this far/

You have to be proud of yourself.

I am proud of your progress.

But, if you're still feeling unmotivated, watch this,

[%link%](#)

KEEP IT UP