Job to be done!!



LOSE 5 KG WEIGHTS WITHIN 2 MONTHS

Functional Job

- Cutting back on sugar and refined carbohydrates in every meals
- Exercising 4-5 times per week including weight training and cardio
- Doing intermittent fasting for 2 months

Emotional Job

- Getting a good night's sleep for 6-8 hours
- Doing well breathing
- Minimizing the stress level by doing yoga

Social Job

- Doing more exercise with friends
- Getting more lose weight techniques on social media
- Following other lose weight successors for the inspiration