



Fit Lab Rockport

#LOVEYOURSELFIE CHALLENGE

The Challenges	Week 1							Week 2							Week 3							Week 4							TOTAL		
	15	16	17	18	19	20	21	Total	22	23	24	25	26	27	28	Total	1	2	3	4	5	6	7	Total	8	9	10	11		12	13
WORKOUT																															
5 points Each	<p>Fit Lab Members: Remember to check in and we will track for you! Fit Lab Members: Remember to check in and we will track for you</p> <p>If you are travelling or working out at home, take a pic of finished workout results on cardio machine or a selfie all sparkly (aka...sweaty) and post to facebook group in real time. You will get an invite to the facebook group.</p>																														
ATTEND A NEW FITNESS CLASS																															
2 Extra Workout Points	Attend a class you have never done before.																														
COUNT STEPS (ACTIVITY EQUIVALENT)																															
1 Point per 100 Steps	<p>1 point per 100 Steps (up to 10,000 steps a day)</p> <p>You will get an invite to the Count It App.</p> <p>Easy Peasy...keeps the data and shows how you measure up to your competitors. Count It links to most activity trackers.</p>																														
12 DAYS OF FITNESS																															
20 Points	Workout 12 times in 28 Days																														
SLEEP FOR 7+ HOURS A NIGHT																															
1 point																															
FOOD JOURNAL/TRACK FOOD																															
5 Points	<p>Track 5 out of 7 Days a week</p> <p>My Fitness Pal: Fit Pro Lauren will "friend" you to verify tracking</p> <p>Written Log: take a pic and post on FB Group</p>																														
BRING A FRIEND TO WORKOUT																															
2 points																															
BRING A FAMILY MEMBER TO WORKOUT																															
2 points																															
DAILY AFFIRMATION /PRAYER TIME DAILY																															
3 points per day																															

