



WEEKLY FACEBOOK CHALLENGES

<< SHARE YOUR WHY >>

01
WEEK

Why did you join the challenge? What are you hoping to gain? Dig deep -- find the deeper reason "why" you decided to take this leap. The deeper the reason you find, the more committed you'll be!

<< FAVORITE RECIPE >>

02
WEEK

Everybody loves trying new recipes -- and what's better than a recipe that has already been tried & perfected?? You already know it's going to be a hit! Share your favorite recipe in the group. Bonus: Share a picture of the final product.

<< CREATIVE MOVEMENT >>

03
WEEK

It's time to perform a creative movement, snap a picture & post it in the group. Examples: plank, squat, hand stand, head stand, down dog, up dog, etc.

<< FAVORITE WORKOUT SONG >>

04
WEEK

This can be a new song or a classic! If somebody posts one of your favorites, try to think of a different one. Imagine the new playlist you'll be able to create to stay motivated outside of the gym!

<< WHAT HAVE YOU LEARNED? >>

05
WEEK

Think back over the past 4 weeks. What have you learned or re-learned? Everybody takes different snippets of knowledge away from the challenge that takes their success to a new level. What has made the biggest impact on you?

<< STRATEGIES FOR FUTURE SUCCESS >>

06
WEEK

The challenge is coming to an end, but that doesn't mean you throw everything you've learned & practiced to the wind. It's a lifestyle, not a diet. What has helped you stay on track? How will you continue to add this strategy into your daily or weekly routine after the challenge ends?