

2011 Challenge

70 Days to a Fit 'N' Fabulous You!!



10 Weeks

Monday, October 3rd - Sunday, December 11th

\$100 Full Challenge

\$50 Nutrition Plan and Emails

Nutrition Plan

Weekly Weigh-Ins

Weekly 7 AM Sunday Morning Workouts (Only for Full Challengers)

Weekly Health and Fitness Emails (Weekly Physical Challenge, or Nutritional Challenge)

Daily Challenges

BIG Cash Prize (ONLY for Full Challengers)

Before and After Pictures(Optional)

Before and After Body Compositions

If not doing full challenge \$5 per specialty class on Sunday's at 7 AM

Name _____

Email _____

Cell (Text) _____

T-shirt Size S M L

