

weight loss

lost 1 pounds (in a week)	100 burpees (can split ex. 10 each day till complete)	Any Outdoor workout (walk/run/bike ect)	Workout 7 days (in 1 week)	SAT 9AM BC AT SBM(3)
2 workouts in 1 day(2)	lost .5 pounds (in a week)	Weigh in with coach (3rd week)pay 1 dollar each pound you gain(pay5 dollars if you dont weigh in)	100 burpees (can split ex. 10 each day till complete)	Workout 6 days (in 1 Week)
Yoga/pilates/strech class	1000 jump rope (can split ex. 100 each day till complete)	That Good Stuff	Weigh in with Coach (2nd week)pay 1 dollar each pound you gain (pay 5 dollars if you dont weigh in)	Drank 1 gallon of water in a day(3)
SAT 9AM BC AT SBM(1)	Workout with a friend/family	SAT 9AM BC AT SBM(2)	Workout 5 days (in a week)	Yoga/pilates/strech class
Drank 1 gallon of water in a day(2)	Drank 1 gallon of water in a day(1)	Weigh in with Coach (1st week)Pay 10 dollars for Bingo card	1000 jump ropes (can split ex. 100 each day till complete)	2 workouts in 1 day (1)

weight loss

Weigh in with Coach (2nd week)pay 1 dollar each pound you gain (pay 5 dollars if you dont weigh in)	SAT 9AM BC AT SBM(3)	1000 jump rope (can split ex. 100 each day till complete)	Yoga/pilates/strech class	1000 jump ropes (can split ex. 100 each day till complete)
Workout 7 days (in 1 week)	Drank 1 gallon of water in a day(3)	SAT 9AM BC AT SBM(1)	lost .5 pounds (in a week)	100 burpees (can split ex. 10 each day till complete)
lost 2 pounds (in a week)	Weigh in with Coach (1st week)Pay 10 dollars for Bingo card	That Good Stuff	2 workouts in 1 day(2)	Any Outdoor workout (walk/run/bike ect)
Workout 5 days (in a week)	Workout 6 days (in 1 Week)	Weigh in with coach (3rd week)pay 1 dollar each pound you gain(pay5 dollars if you dont weigh in)	Workout with a friend/family	2 workouts in 1 day (1)
100 burpees (can split ex. 10 each day till complete)	lost 1 pounds (in a week)	lost 3 pounds (in a week)	Any Outdoor workout (walk/run/bike ect)	Drank 1 gallon of water in a day(1)

weight loss

Weigh in with Coach (2nd week)pay 1 dollar each pound you gain (pay 5 dollars if you dont weigh in)	2 workouts in 1 day(2)	Workout 5 days (in a week)	Any Outdoor workout (walk/run/bike ect)	100 burpees (can split ex. 10 each day till complete)
100 burpees (can split ex. 10 each day till complete)	lost 3 pounds (in a week)	lost 2 pounds (in a week)	2 workouts in 1 day (1)	lost .5 pounds (in a week)
2 workouts in 1 day(3)	Workout with a friend/family	That Good Stuff	SAT 9AM BC AT SBM(2)	Workout 6 days (in 1 Week)
Weigh in with Coach (1st week)Pay 10 dollars for Bingo card	SAT 9AM BC AT SBM(1)	Drank 1 gallon of water in a day(3)	1000 jump rope (can split ex. 100 each day till complete)	Yoga/pilates/strech class
1000 jump ropes (can split ex. 100 each day till complete)	Yoga/pilates/strech class	SAT 9AM BC AT SBM(3)	Any Outdoor workout (walk/run/bike ect)	Weigh in with coach (3rd week)pay 1 dollar each pound you gain(pay5 dollars if you dont weigh in)