

weight loss

Take before&after pic (share with Coach)	1 workout with Faimly/Friend	2 workouts in 1 day at SBM(1)	Lost anything over 2.5 pounds (1week)	Drank 1 gallon of water (in a day)
1000 jump ropes	Sat 9am SBM BC (3)	Drank 1 gallon of watet (in 1 day)	100 Burpees	Lost 1.5 to 2 pounds (1 week)
Sat 9am SBM BC (2)	Workout 6 days in 1 week at SBM	That Good Stuff	100 pushups/pull ups	2nd Weigh with coach (pay 1 dollar each pound gain 5 dollars if miss weigh in)
30min outdoor(ex.bike.jog.walk.hike)	Sat 9am SBM BC (1)	3rd weigh with coach (pay 1 dollar each pound gain 5 dollars if miss weigh in)	2 workouts in 1 day at SBM(3)	Drank 1 gallon of water (in a day)
2 workouts in 1 day at SBM(2)	100 situps	Lost 0.5 to 1 pounds (1 week)	Yoga/pilates/stretch	1st Weigh with coach(pay 10 dollars get Bingo card)

weight loss

Workout 6 days in 1 week at SBM	100 Burpees	Lost anything over 2.5 pounds (1week)	1000 jump ropes	Drank 1 gallon of water (in 1 day)
2 workouts in 1 day at SBM(1)	Yoga/pilates/stretch	Drank 1 gallon of water (in a day)	100 situps	Lost 1.5 to 2 pounds (1 week)
30min outdoor(ex.bike.jog.walk.hike)	100 pushups/pull ups	That Good Stuff	2nd Weigh with coach (pay 1 dollar each pound gain 5 dollars if miss weigh in)	1 workout with Faimly/Friend
2 workouts in 1 day at SBM(3)	Lost 0.5 to 1 pounds (1 week)	Take before&after pic (share with Coach)	1st Weigh with coach(pay 10 dollars get Bingo card)	Sat 9am SBM BC (1)
3rd weigh with coach (pay 1 dollar each pound gain 5 dollars if miss weigh in)	Drank 1 gallon of water (in a day)	Sat 9am SBM BC (2)	Sat 9am SBM BC (3)	2 workouts in 1 day at SBM(2)

weight loss

100 situps	Lost 0.5 to 1 pounds (1 week)	100 Burpees	Drank 1 gallon of water (in a day)	100 pushups/pull ups
Take before&after pic (share with Coach)	30min outdoor(ex.bike.jog.walk.hike)	3rd weigh with coach (pay 1 dollar each pound gain 5 dollars if miss weigh in)	Sat 9am SBM BC (3)	Drank 1 gallon of water (in a day)
Sat 9am SBM BC (2)	1st Weigh with coach(pay 10 dollars get Bingo card)	That Good Stuff	Sat 9am SBM BC (1)	2 workouts in 1 day at SBM(3)
Workout 6 days in 1 week at SBM	Lost 1.5 to 2 pounds (1 week)	Lost anything over 2.5 pounds (1week)	Yoga/pilates/stretch	2 workouts in 1 day at SBM(1)
2nd Weigh with coach (pay 1 dollar each pound gain 5 dollars if miss weigh in)	1 workout with Faimly/Friend	Drank 1 gallon of watet (in 1 day)	1000 jump ropes	2 workouts in 1 day at SBM(2)