CHALLENGER

Tagged 3 friends to join group	Added a friend to join next week	Commented on 2 or more posts in group	Moved my body for 30 minutes	Drink water
Bought BOD for a year	Posted my sweatie selfie	Introduced myself to the group	Ask a question to the group	Meal plan ready for next week
Post a picture of next weeks meal plan	Went on a hike	**FREE**	Ate 2 portion of vegetables	Drink a glass of water
Drink a glass of water	Plan your food for the weekend	Drink a glass of water	Drink a glass of water	Followed my meal plan
Drink a glass of water	Ate breakfast	Joined next weeks challenge	Went on a walk	Bought a challenge pack for VIP group

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CHALLENGER

Went on a hike	Ask a question to the group	Moved my body for 30 minutes	Bought BOD for a year	Introduced myself to the group
Commented on 2 or more posts in group	Went on a walk	Drink water	Ate breakfast	Meal plan ready for next week
Drink a glass of water	Ate 2 portion of vegetables	**FREE**	Drink a glass of water	Added a friend to join next week
Drink a glass of water	Joined next weeks challenge	Tagged 3 friends to join group	Bought a challenge pack for VIP group	Plan your food for the weekend
Drink a glass of water	Followed my meal plan	Post a picture of next weeks meal plan	Posted my sweatie selfie	Drink a glass of water

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CHALLENGER

Ate breakfast	Joined next weeks challenge	Ask a question to the group	Followed my meal plan	Ate 2 portion of vegetables
Tagged 3 friends to join group	Drink a glass of water	Drink a glass of water	Posted my sweatie selfie	Drink water
Post a picture of next weeks meal plan	Bought a challenge pack for VIP group	**FREE**	Plan your food for the weekend	Drink a glass of water
Went on a hike	Meal plan ready for next week	Moved my body for 30 minutes	Went on a walk	Commented on 2 or more posts in group
Drink a glass of water	Added a friend to join next week	Introduced myself to the group	Bought BOD for a year	Drink a glass of water

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