

CHALLENGER

tried a new recipe	5 days of no cheats on your meal plan	Invite a friend to workout with you	did a double workout	Tried Recover
Drank a gallon of water	shared a workout on instagram stories & tagged your coach	Tried a new Shakeology Recipe	Attended a coaching sneak peek	commented on another challenger's post
shared a personal development takeaway in the group	tried energize	FREE	Did 15 minutes of personal development	Shared a progress pic with the group
Shared a sweaty selfie on social media & tag your coach	shared a meal prep insta story & tagged your coach	Shared your WHY with us	Shared a non-scale victory with the group	Tried a new FIXATE recipe
Referred a friend	Drank Shakeology 7 days straight	Tried a new veggie	upped your weight/reps	Got 8 hours of sleep

CHALLENGER

tried energize	Attended a coaching sneak peek	did a double workout	Drank a gallon of water	Tried a new Shakeology Recipe
Invite a friend to workout with you	upped your weight/reps	Tried Recover	Drank Shakeology 7 days straight	commented on another challenger's post
Shared a sweaty selfie on social media & tag your coach	Did 15 minutes of personal development	FREE	Shared a progress pic with the group	5 days of no cheats on your meal plan
Shared a non-scale victory with the group	Tried a new veggie	tried a new recipe	Got 8 hours of sleep	shared a meal prep insta story & tagged your coach
Shared your WHY with us	Tried a new FIXATE recipe	shared a personal development takeaway in the group	shared a workout on instagram stories & tagged your coach	Referred a friend

CHALLENGER

Drank Shakeology 7 days straight	Tried a new veggie	Attended a coaching sneak peek	Tried a new FIXATE recipe	Did 15 minutes of personal development
tried a new recipe	Shared a sweaty selfie on social media & tag your coach	Shared your WHY with us	shared a workout on instagram stories & tagged your coach	Tried Recover
shared a personal development takeaway in the group	Got 8 hours of sleep	FREE	shared a meal prep insta story & tagged your coach	Shared a non-scale victory with the group
tried energize	commented on another challenger's post	did a double workout	upped your weight/reps	Invite a friend to workout with you
Shared a progress pic with the group	5 days of no cheats on your meal plan	Tried a new Shakeology Recipe	Drank a gallon of water	Referred a friend