

Camp Burn

Sweaty Selfie	1 Gallon of H2O	3 Servings of Veggies	No Alcohol	Get a mani/pedi
10 pushups	Sweaty Selfie	I want to learn about coaching	1/2 Body wt in oz	Make a Meal Plan Recipe
Share your journey on social	Take Progress pic	FREE	10 burpees	Body Weight Workout
Challenge Pack for next group	Share a Recipe	Encourage Someone	5 Min Meditation	HIIT Workout
30 min BOD workout	10 jumping jacks	Make a Meal Plan Recipe	Try a New Food	10 squats

Camp Burn

Take Progress pic	1/2 Body wt in oz	No Alcohol	10 pushups	I want to learn about coaching
3 Servings of Veggies	Try a New Food	Get a mani/pedi	10 jumping jacks	Make a Meal Plan Recipe
Challenge Pack for next group	10 burpees	FREE	Body Weight Workout	1 Gallon of H2O
5 Min Meditation	Make a Meal Plan Recipe	Sweaty Selfie	10 squats	Share a Recipe
Encourage Someone	HIIT Workout	Share your journey on social	Sweaty Selfie	30 min BOD workout

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10 jumping jacks	Make a Meal Plan Recipe	1/2 Body wt in oz	HIIT Workout	10 burpees
Sweaty Selfie	Challenge Pack for next group	Encourage Someone	Sweaty Selfie	Get a mani/pedi
Share your journey on social	10 squats	FREE	Share a Recipe	5 Min Meditation
Take Progress pic	Make a Meal Plan Recipe	No Alcohol	Try a New Food	3 Servings of Veggies
Body Weight Workout	1 Gallon of H2O	I want to learn about coaching	10 pushups	30 min BOD workout