

Camp Burn

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

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

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