

Camp Burn

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

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