

Camp Burn

Sweaty Selfie	1 Gallon of H2O	3 Servings of Veggies	Share a Recipe	MBF Sample Workout
10 squats	Sweaty Selfie	Make a Meal Plan Recipe	10 burpees	Ordered Challenge Pack for Next Group
Shaun T Workout	Take Progress pic	FREE	10 jumping jacks	Encourage Someone
Get a mani/pedi	Share your journey on social	I want to learn about coaching	Drink 1/2 your body weight in oz of water	Make a Meal Plan Recipe
5 Min Meditation	10 pushups	No Alcohol	Try a New Food	21 Day Fix Workout

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Take Progress pic	10 burpees	Share a Recipe	10 squats	Make a Meal Plan Recipe
3 Servings of Veggies	Try a New Food	MBF Sample Workout	10 pushups	Ordered Challenge Pack for Next Group
Get a mani/pedi	10 jumping jacks	FREE	Encourage Someone	1 Gallon of H2O
Drink 1/2 your body weight in oz of water	No Alcohol	Sweaty Selfie	21 Day Fix Workout	Share your journey on social
I want to learn about coaching	Make a Meal Plan Recipe	Shaun T Workout	Sweaty Selfie	5 Min Meditation

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10 pushups	No Alcohol	10 burpees	Make a Meal Plan Recipe	10 jumping jacks
Sweaty Selfie	Get a mani/pedi	I want to learn about coaching	Sweaty Selfie	MBF Sample Workout
Shaun T Workout	21 Day Fix Workout	FREE	Share your journey on social	Drink 1/2 your body weight in oz of water
Take Progress pic	Ordered Challenge Pack for Next Group	Share a Recipe	Try a New Food	3 Servings of Veggies
Encourage Someone	1 Gallon of H2O	Make a Meal Plan Recipe	10 squats	5 Min Meditation