

Camp Burn

Sweaty Selfie	1 Gallon of H2O	Drink 1/2 your body weight in oz of water	Read 10 Pages of Personal Development (a real book)	No Alcohol
5 Min Meditation	Shift Shop Workout	Ordered Challenge Pack for Next Group	10 burpees	Random act of kindness
Share your journey on social	Take Progress pic	FREE	10 pushups	MBF Sample Workout
MM100 Workout	Share a Recipe	Make a Meal Plan Recipe	I want to learn about coaching	No Alcohol
Encourage Someone	3 Servings of Veggies	Pay it Forward	Yoga Studio Workout	Do a workout with a buddy

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