

| <b>B</b>                         | <b>I</b>                 | <b>N</b>                        | <b>G</b>                    | <b>O</b>                        |
|----------------------------------|--------------------------|---------------------------------|-----------------------------|---------------------------------|
| Walk 20min                       | 1 min plank after class  | Female drink 9 cups of water    | Sleep 7-8 hours             | Post a picture w/Ben            |
| 60 Mountain Climbers             | Take coach Molly's class | Post meal pic in Facebook group | 20 consecutive pushups      | Schedule PT/pilates assessment  |
| Take a yoga class                | Workout 5 days this week | <b>FREE</b>                     | 25 Burpees                  | Males drink 13 cups of water    |
| Post a Picture with staff member | Take 3 classes in a row! | Post a healthy recipe           | Leave us a review on Google | Post meal pic in Facebook group |
| Join Facebook Group              | 50 Squats                | Run 1 mile                      | make 10 Basketball shots    | Attend Friday family event      |

| <b>B</b>                                  | <b>I</b>                                 | <b>N</b>                   | <b>G</b>                              | <b>O</b>                                 |
|-------------------------------------------|------------------------------------------|----------------------------|---------------------------------------|------------------------------------------|
| Workout<br>5 days<br>this week            | 20<br>consecutive<br>pushups             | Sleep<br>7-8<br>hours      | 60<br>Mountain<br>Climbers            | Post meal<br>pic in<br>Facebook<br>group |
| Female<br>drink 9<br>cups of<br>water     | make 10<br>Basketball<br>shots           | Post a<br>picture<br>w/Ben | 50<br>Squats                          | Schedule<br>PT/pilates<br>assessment     |
| Post a<br>Picture<br>with staff<br>member | 25<br>Burpees                            | <b>FREE</b>                | Males<br>drink 13<br>cups of<br>water | 1 min<br>plank<br>after class            |
| Leave us<br>a review<br>on<br>Google      | Run 1<br>mile                            | Walk<br>20min              | Attend<br>Friday<br>family<br>event   | Take 3<br>classes<br>in a row!           |
| Post a<br>healthy<br>recipe               | Post meal<br>pic in<br>Facebook<br>group | Take a<br>yoga<br>class    | Take<br>coach<br>Molly's<br>class     | Join<br>Facebook<br>Group                |

|                                       |                                           |                                          |                                          |                                       |
|---------------------------------------|-------------------------------------------|------------------------------------------|------------------------------------------|---------------------------------------|
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| 50<br>Squats                          | Run 1<br>mile                             | 20<br>consecutive<br>pushups             | Post meal<br>pic in<br>Facebook<br>group | 25<br>Burpees                         |
| Walk<br>20min                         | Post a<br>Picture<br>with staff<br>member | Post a<br>healthy<br>recipe              | Take<br>coach<br>Molly's<br>class        | Post a<br>picture<br>w/Ben            |
| Take a<br>yoga<br>class               | Attend<br>Friday<br>family<br>event       | <b>FREE</b>                              | Take 3<br>classes<br>in a row!           | Leave us<br>a review<br>on<br>Google  |
| Workout<br>5 days<br>this week        | Schedule<br>PT/pilates<br>assessment      | Sleep<br>7-8<br>hours                    | make 10<br>Basketball<br>shots           | Female<br>drink 9<br>cups of<br>water |
| Males<br>drink 13<br>cups of<br>water | 1 min<br>plank<br>after class             | Post meal<br>pic in<br>Facebook<br>group | 60<br>Mountain<br>Climbers               | Join<br>Facebook<br>Group             |