



November 21-Day Fitness Challenge – Week 1



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Monday

- Bungee workout (2)
- SABF yoga class (2)
- Other workout (1)
- Track daily steps (1)
- 64 oz of water (1)
- 10 pages read (1)
- Track nutrition (1)
- Practice mindfulness (ie: breathing exercise, meditation, art, etc.)
- Get healthy snack @ 287 Nutrition (1)

Tuesday

- Bungee workout (2)
- SABF yoga class (2)
- Other workout (1)
- Track daily steps (1)
- 64 oz of water (1)
- 10 pages read (1)
- Track nutrition (1)
- Practice mindfulness (ie: breathing exercise, meditation, art, etc.)
- Get healthy snack @ 287 Nutrition (1)

Wednesday

- Bungee workout (2)
- SABF yoga class (2)
- Other workout (1)
- Track daily steps (1)
- 64 oz of water (1)
- 10 pages read (1)
- Track nutrition (1)
- Practice mindfulness (ie: breathing exercise, meditation, art, etc.)
- Get healthy snack @ 287 Nutrition (1)

Thursday

- Bungee workout (2)
- SABF yoga class (2)
- Other workout (1)
- Track daily steps (1)
- 64 oz of water (1)
- 10 pages read (1)
- Track nutrition (1)
- Practice mindfulness (ie: breathing exercise, meditation, art, etc.)
- Get healthy snack @ 287 Nutrition (1)

Friday

- Bungee workout (2)
- SABF yoga class (2)
- Other workout (1)
- Track daily steps (1)
- 64 oz of water (1)
- 10 pages read (1)
- Track nutrition (1)
- Practice mindfulness (ie: breathing exercise, meditation, art, etc.)
- Get healthy snack @ 287 Nutrition (1)

Saturday

- Bungee workout (2)
- SABF yoga class (2)
- Other workout (1)
- Track daily steps (1)
- 64 oz of water (1)
- 10 pages read (1)
- Track nutrition (1)
- Practice mindfulness (ie: breathing exercise, meditation, art, etc.)
- Get healthy snack @ 287 Nutrition (1)

Sunday

- Bungee workout (2)
- SABF yoga class (2)
- Other workout (1)
- Track daily steps (1)
- 64 oz of water (1)
- 10 pages read (1)
- Track nutrition (1)
- Practice mindfulness (ie: breathing exercise, meditation, art, etc.)
- Get healthy snack @ 287 Nutrition (1)

Bonus!!

- Tag us on social media (2) (2 per week)
- Post a video/photo from your bungee workout and tag us! (2) (3 per week)
- Post sweaty, post-workout selfie! (2)
- Post a review on Google, Facebook, or Yelp (2) (once each)
- Post a pic with your coach (2)
- Refer a friend (must take a class!) (2)

Name: _____

Weekly Point Total: _____

2 Grand Prizes!!

1. Member who attends the most bungee classes during the challenge wins!
2. Member with most overall points wins!



November 21-Day Fitness Challenge – Week 2



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Monday

- Bungee workout (2)
- SABF yoga class (2)
- Other workout (1)
- Track daily steps (1)
- 64 oz of water (1)
- 10 pages read (1)
- Track nutrition (1)
- Practice mindfulness (ie: breathing exercise, meditation, art, etc.)
- Get healthy snack @ 287 Nutrition (1)

Tuesday

- Bungee workout (2)
- SABF yoga class (2)
- Other workout (1)
- Track daily steps (1)
- 64 oz of water (1)
- 10 pages read (1)
- Track nutrition (1)
- Practice mindfulness (ie: breathing exercise, meditation, art, etc.)
- Get healthy snack @ 287 Nutrition (1)

Wednesday

- Bungee workout (2)
- SABF yoga class (2)
- Other workout (1)
- Track daily steps (1)
- 64 oz of water (1)
- 10 pages read (1)
- Track nutrition (1)
- Practice mindfulness (ie: breathing exercise, meditation, art, etc.)
- Get healthy snack @ 287 Nutrition (1)

Thursday

- Bungee workout (2)
- SABF yoga class (2)
- Other workout (1)
- Track daily steps (1)
- 64 oz of water (1)
- 10 pages read (1)
- Track nutrition (1)
- Practice mindfulness (ie: breathing exercise, meditation, art, etc.)
- Get healthy snack @ 287 Nutrition (1)

Friday

- Bungee workout (2)
- SABF yoga class (2)
- Other workout (1)
- Track daily steps (1)
- 64 oz of water (1)
- 10 pages read (1)
- Track nutrition (1)
- Practice mindfulness (ie: breathing exercise, meditation, art, etc.)
- Get healthy snack @ 287 Nutrition (1)

Saturday

- Bungee workout (2)
- SABF yoga class (2)
- Other workout (1)
- Track daily steps (1)
- 64 oz of water (1)
- 10 pages read (1)
- Track nutrition (1)
- Practice mindfulness (ie: breathing exercise, meditation, art, etc.)
- Get healthy snack @ 287 Nutrition (1)

Sunday

- Bungee workout (2)
- SABF yoga class (2)
- Other workout (1)
- Track daily steps (1)
- 64 oz of water (1)
- 10 pages read (1)
- Track nutrition (1)
- Practice mindfulness (ie: breathing exercise, meditation, art, etc.)
- Get healthy snack @ 287 Nutrition (1)

Bonus!!

- Tag us on social media (2) (2 per week)
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- Post a review on Google, Facebook, or Yelp (2) (once each)
- Post a pic with your coach (2)
- Refer a friend (must take a class!) (2)

Name: _____

Weekly Point Total: _____

2 Grand Prizes!!

1. Member who attends the most bungee classes during the challenge wins!
2. Member with most overall points wins!



November 21-Day Fitness Challenge – Week 3



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Monday

- Bungee workout (2)
- SABF yoga class (2)
- Other workout (1)
- Track daily steps (1)
- 64 oz of water (1)
- 10 pages read (1)
- Track nutrition (1)
- Practice mindfulness (ie: breathing exercise, meditation, art, etc.)
- Get healthy snack @ 287 Nutrition (1)

Tuesday

- Bungee workout (2)
- SABF yoga class (2)
- Other workout (1)
- Track daily steps (1)
- 64 oz of water (1)
- 10 pages read (1)
- Track nutrition (1)
- Practice mindfulness (ie: breathing exercise, meditation, art, etc.)
- Get healthy snack @ 287 Nutrition (1)

Wednesday

- Bungee workout (2)
- SABF yoga class (2)
- Other workout (1)
- Track daily steps (1)
- 64 oz of water (1)
- 10 pages read (1)
- Track nutrition (1)
- Practice mindfulness (ie: breathing exercise, meditation, art, etc.)
- Get healthy snack @ 287 Nutrition (1)

Thursday

- Bungee workout (2)
- SABF yoga class (2)
- Other workout (1)
- Track daily steps (1)
- 64 oz of water (1)
- 10 pages read (1)
- Track nutrition (1)
- Practice mindfulness (ie: breathing exercise, meditation, art, etc.)
- Get healthy snack @ 287 Nutrition (1)

Friday

- Bungee workout (2)
- SABF yoga class (2)
- Other workout (1)
- Track daily steps (1)
- 64 oz of water (1)
- 10 pages read (1)
- Track nutrition (1)
- Practice mindfulness (ie: breathing exercise, meditation, art, etc.)
- Get healthy snack @ 287 Nutrition (1)

Saturday

- Bungee workout (2)
- SABF yoga class (2)
- Other workout (1)
- Track daily steps (1)
- 64 oz of water (1)
- 10 pages read (1)
- Track nutrition (1)
- Practice mindfulness (ie: breathing exercise, meditation, art, etc.)
- Get healthy snack @ 287 Nutrition (1)

Sunday

- Bungee workout (2)
- SABF yoga class (2)
- Other workout (1)
- Track daily steps (1)
- 64 oz of water (1)
- 10 pages read (1)
- Track nutrition (1)
- Practice mindfulness (ie: breathing exercise, meditation, art, etc.)
- Get healthy snack @ 287 Nutrition (1)

Bonus!!

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- Post a pic with your coach (2)
- Refer a friend (must take a class!) (2)

Name: _____

Weekly Point Total: _____

2 Grand Prizes!!

1. Member who attends the most bungee classes during the challenge wins!
2. Member with most overall points wins!