



Strings Attached Bungee Fitness

21-day Fitness Challenge!

1 – 21 November

\$20 to enter

Free bungee class for all participants!

Win great prizes for doing the things you do every day or start a new fitness journey.

Earn points activities like:

- Working out at Strings Attached – 2 pts/day (up to 3 per week)
- Drinking 64 ounces of water – 1 pt/day
- Tracking your nutrition – 1 pt/day
- Grabbing a healthy snack from 287 nutrition – 1 pt/day
- Posting your workout video/picture on social media and tag us – 3 pts
- Posting a sweaty selfie after a workout and tag us – 2 pts
- Posting a review to Facebook, Yelp, and/or Google – 2 pts (once each)
- Posting a pic with your coach and tag us – 2 pts
- Referring a friend (friend must attend a class!) – 2 pts (unlimited)
- Completing daily goals – 1 pt/each per day

Register in-studio or online at: www.stringsattachedbungeefitness.com

Challenge registration ends: 1 November @ 9 pm

Tracking forms due: 23 November

Drop off in-studio or email *legible* photos: strings.attached.bungee@gmail.com

Winners announced: 25 November (Black Friday!)