



New Year, New You! 6-week Fitness Challenge

Week 1	Daily Goals:	Daily Total
Monday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Tuesday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Wednesday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Thursday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Friday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Saturday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Sunday	Track nutrition (1) 64 oz water (1) Take a yoga class (2) Book next week's bungees! (1)	
Weekly Total		
Week 2	Daily Goals:	Daily Total
Monday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Tuesday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Wednesday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Thursday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Friday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Saturday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Sunday	Track nutrition (1) 64 oz water (1) Take a yoga class (2) Book next week's bungees! (1)	
Weekly Total		
Week 3	Daily Goals:	Daily Total
Monday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Tuesday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Wednesday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Thursday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Friday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Saturday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Sunday	Track nutrition (1) 64 oz water (1) Take a yoga class (2) Book next week's bungees! (1)	
Weekly Total		
Weekly Bonus Points! Collect each bonus once per week!		
<input type="checkbox"/> Complete 4 bungee workouts – 5 points <input type="checkbox"/> Tag us on social media (ie: FB, IG, Yelp, Google, etc.) – 2 points (once per week / platform) <input type="checkbox"/> Post a video/photo from your bungee workout and tag us – 2 points (once per week / platform) <input type="checkbox"/> Post sweaty, post-workout selfie – 2 points <input type="checkbox"/> Post a Google, Yelp, or Facebook review – 2 points (once per week / platform) <input type="checkbox"/> Post a pic with your coach – 2 points <input type="checkbox"/> Grab a healthy snack at 287 Nutrition, post a photo, and tag us and them – 2 points <input type="checkbox"/> Bring a new friend to Bungee! – 2 points (earn this each time you bring a new friend!)		
Weekly Bonus Total:		



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Week 4	Daily Goals:	Daily Total
Monday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Tuesday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Wednesday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Thursday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Friday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Saturday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Sunday	Track nutrition (1) 64 oz water (1) Take a yoga class (2) Book next week's bungees! (1)	
Weekly Total		
Week 5	Daily Goals:	Daily Total
Monday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Tuesday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Wednesday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Thursday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Friday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Saturday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Sunday	Track nutrition (1) 64 oz water (1) Take a yoga class (2) Book next week's bungees! (1)	
Weekly Total		
Week 6	Daily Goals:	Daily Total
Monday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Tuesday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Wednesday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Thursday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Friday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Saturday	Bungee workout (2) Out-of-studio workout (1) Track nutrition (1) 64 oz water (1)	
Sunday	Track nutrition (1) 64 oz water (1) Take a yoga class (2) Book next week's bungees! (1)	
Weekly Total		
Weekly Bonus Points! Collect each bonus once per week!		
<input type="checkbox"/> Complete 4 bungee workouts – 5 points <input type="checkbox"/> Tag us on social media (ie: FB, IG, Yelp, Google, etc.) – 2 points (once per week / platform) <input type="checkbox"/> Post a video/photo from your bungee workout and tag us – 2 points (once per week / platform) <input type="checkbox"/> Post sweaty, post-workout selfie – 2 points <input type="checkbox"/> Post a Google, Yelp, or Facebook review – 2 points (once per week / platform) <input type="checkbox"/> Post a pic with your coach – 2 points <input type="checkbox"/> Grab a healthy snack at 287 Nutrition, post a photo, and tag us and them – 2 points <input type="checkbox"/> Bring a new friend to Bungee! – 2 points (earn this each time you bring a new friend!)		
Weekly Bonus Total:		
Grand Total:		

