**2018 FIT N FAB CHALLENGE – We do this to feel good and stay on track, but here is a little incentive….** Earn points for your group and yourself. The winning group (with the most points) at the end of the challenge will each get a $10 gift card to Rhythm Fitness. But the top point earner for each team will get a $20 gift card. Also, there is a $5 entry to jump in this challenge and the top point earner overall, will get the cash pot. POINTS BREAKDOWN – These are options for points. You don’t have to complete everything. The more you do, the more points you will get. 1. ATTENDING A CLASS AT RHYTHM FITNESS STUDIO – (10 points per class)

2. COMPLETING A WEEKLY CHALLENGE – (10 points per week)

3. WEEKLY MEAL PLAN/PREP– take a picture of your plan on paper or grocery cart or prep session! plan for your life – make it doable and realistic! This is a very important step for staying on track with your eating– (20 points per week that you have your plan and shop it and prep it)

4. YOU PLANNED IT/ PREPPED IT – NOW STICK TO IT! Track it on paper for accountability (20 points every day that you stick to your plan!) This is the easy part **IF** you plan it, shop for it, prep it.

5. SHOUT OUT TO YOUR TEAM – RALLY THE TROOPS! - (5 points – max 1x per day) This counts if you initiate the shout out or encouragement to your team. Not if you reply to someone else’s shout out. But DO reply if you can. Accountability is a key factor on follow through.

6. GET UP/ GET MOVING – CAN’T MAKE IT TO A CLASS – DO A MINI OR FULL WORKOUT AT HOME or wherever (I can give you ideas or do your own.) – (10 points per workout)

7. ZZZZZZZ’S - GET 6 OR MORE (try for more) HOURS OF SLEEP! – (15 points every night you accomplish this)

8. DRINK! (water) - use your weight to figure how much you need if you’re not sure. Experts now say we need ½ to 1 ounce per pound of body weight every day. If you are very active – you need to be on the higher end of that scale. - (5 points per day)

9. WHAT’S THE PLAN? You have your meal prep/plan – what is your workout goal. You have to have a target to aim for. Put your goal AND your plan on paper and give it to me – see other sheet (10 points per week when you meet your weekly workout goal)

 **\*HOW TO CONNECT TO YOUR TEAM**: We will keep the teams small so it will be easy for you to interact. Find out if your teammates are on facebook, Instagram etc. if not, text works ☺ - these challenges are simple everyday things we can do to stay on track. The more you do, the more points for you and your team and the better you’ll feel! **FACEBOOK/INSTAGRAM** if possible – this will make it easy to shout out and encourage each other. Don’t forget to tag me! When you come to a class, check in and tag people in your group (you will need to friend them - even if just for the challenge). Shout out to your teammates when you complete point activities and challenges. **TEXT** – Some are not on social media so make sure you include them in shout outs and updates, by text.