

COUNTDOWN TO SUMMER

6-Week Challenge

Ready to sculpt your best self just in time for summer? In our 6-week challenge, you'll embark on a journey towards a healthier, happier you! ✓

Each completed habit earns you 10 points, with a bonus 100 points awarded for smashing your fitness goals at the end!



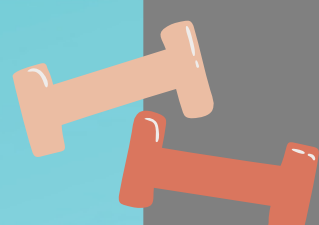
Daily Hydration
Drink 64oz of water

01



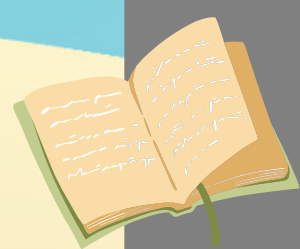
Cardio Boost
15 minutes of cardio

02



Strength & Serenity
45 minutes of exercise

03



Reflective Journaling
Daily introspection

04



Nutrition Mastery
Hit your macros

05



Top Achievers will take home incredible prizes, including free training sessions. Plus, rewards await everyone who completes the challenge!