

# YEAR END FITNESS CHALLENGE

**Starts Nov 1 2023**

- ⦿ Attend all sessions for the month
- ⦿ Complete daily activity challenge
- ⦿ Bring one friend to a session
- ⦿ Log Food for the month
- ⦿ Log sleep for the month
- ⦿ Log water intake for the month

**PRIZES  
FOR  
WINNERS**

