

# GetYouInShape

Christmas Break Incentive

## My 3 So That's

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

An incentive to move every day. Track this and take a picture on January 1<sup>st</sup> for a chance to win some prizes. Post on the FB post or just message it through the MyCoach app to us.

### December 23<sup>rd</sup>

- Workout Day #1  
What did you do? \_\_\_\_\_

### December 24<sup>th</sup>

- Workout Day #2  
What did you do? \_\_\_\_\_

### December 25<sup>th</sup>

- Workout Day #3  
What did you do? \_\_\_\_\_

### December 26<sup>th</sup>

- Workout Day #4  
What did you do? \_\_\_\_\_

### December 27<sup>th</sup>

- Workout Day #5  
What did you do? \_\_\_\_\_

### December 28<sup>th</sup>

- Workout Day #6  
What did you do? \_\_\_\_\_

### December 29<sup>th</sup>

- Workout Day #7  
What did you do? \_\_\_\_\_

### December 30<sup>th</sup>

- Workout Day #8  
What did you do? \_\_\_\_\_

### December 31<sup>th</sup>

- Workout Day #9  
What did you do? \_\_\_\_\_

### January 1<sup>st</sup>

- Workout Day #10  
What did you do? \_\_\_\_\_