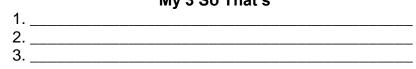
GetYouInShape

Christmas Break Incentive

My 3 So That's



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

De	cember 23 rd			
	Workout Day #1			
	What did you do?			
De	cember 24th			
\square	Workout Day #2			
	What did you do? _			
De	December 25th			
\square	Workout Day #3			
	What did you do? _			
De	cember 26th			
	Workout Day #4			
	What did you do? _			
De	cember 27th			
\square	Workout Day #5			
	What did you do?			
De	cember 28th			
\square	Workout Day #6			
	What did you do? _			
De	December 29th			
	Workout Day #7			
	Workout Day #7 What did you do?			
	<u> </u>			
	What did you do?			
	What did you do? _ cember 30th			
	What did you do? _ cember 30th Workout Day #8			
	What did you do? _ cember 30th Workout Day #8 What did you do? _			
	What did you do? _ cember 30th Workout Day #8 What did you do? _ cember 31th			
	What did you do? _ cember 30th Workout Day #8 What did you do? _ cember 31th Workout Day #9			
	What did you do? cember 30th Workout Day #8 What did you do? cember 31th Workout Day #9 What did you do?			