

**I hereby commit to attend Boot Camp or a Group Fitness Class  
for 21 out of the next 30 days!**

**Date :** Write the Date  
**Class:** What, how long, and what intensity (Boot Camp, Spin etc..)  
**Diet:** What did you eat that was unhealthy.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Class:	Class:	Class:	Class:	Class:	Class:	Class:
Nutrition:	Nutrition:	Nutrition:	Nutrition:	Nutrition:	Nutrition:	Nutrition:
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Class:	Class:	Class:	Class:	Class:	Class:	Class:
Nutrition:	Nutrition:	Nutrition:	Nutrition:	Nutrition:	Nutrition:	Nutrition:
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Class:	Class:	Class:	Class:	Class:	Class:	Class:
Nutrition:	Nutrition:	Nutrition:	Nutrition:	Nutrition:	Nutrition:	Nutrition:
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Nutrition:	Nutrition:	Nutrition:	Nutrition:	Nutrition:	Nutrition:	Nutrition:
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Class:	Class:	Class:	Class:	Class:	Class:	Class:
Nutrition:	Nutrition:	Nutrition:	Nutrition:	Nutrition:	Nutrition:	Nutrition:

**Refer 2 friends and you train for free!**  
**10% off memberships when you complete the challenge!**