

NEW YEAR

New

CHALLENGE

DECEMBER CHALLENGE

KICKING OFF MONDAY, DECEMBER 7th

COMPLETE A MINIMUM OF 4 JAIMEFIT WORKOUTS EACH WEEK

*Post in Group or Leave a Comment in JaimeFit

*Note: You may begin the challenge at any time! Just focus on the goals in the week you begin.
You don't have to back track.

WEEK 1: 1 2 3 4

WEEK 2: 1 2 3 4

WEEK 3: 1 2 3 4

WEEK 4: 1 2

WATCH AND COMMENT ON ALL OF THE DECEMBER K.I.S.S NUTRITION + RISE & SHINE VIDEOS

*Post in Group or Leave a Comment in JaimeFit

WEEK 1:

WEEK 2:

WEEK 3:

WEEK 4:

PARTICIPATE IN THE FLEXIBILITY STRETCH & REACH TESTS

*Post in Group or Leave a Comment in JaimeFit

#1 _____ #2 _____

PARTICIPATE IN THE BONUS FOOD PHOTO CHALLENGE

WEEK 1: Better Breakfast Photo _____

WEEK 2: Level Up Lunch or Snack Photo _____

WEEK 3/4: Dinner for Winners Photo _____

TAKE BEFORE + AFTER PICS OR MEASUREMENTS

(*Optional: Only if it feels good and exciting for you!)

POST YOUR CHALLENGE SUBMISSION BY DECEMBER 31ST