

rise *challenge*

KICKS OFF JANUARY 9TH!

- COMPLETE A MINIMUM OF 4 JAIMEFIT WORKOUTS EACH WEEK**

*Post in Group or Leave a Comment in JaimeFit

WEEK 1: 1 2 3 4

WEEK 2: 1 2 3 4

WEEK 3: 1 2 3 4

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

*Post in Group or Leave a Comment in JaimeFit

Week - 1 ___ 2 ___ 3 ___

- PARTICIPATE IN THE WALL SIT TIME TEST** *Post in Group or Leave a Comment in JaimeFit

Times - #1 ___ #2 ___

- COMPLETE THE SCHEDULED MEDITATION AND JOURNALING SESSIONS**

Week - 1 ___ 2 ___ 3 ___

- PARTICIPATE IN ONE ZOOM WORKSHOP (LIVE OR REPLAY)**

- TAKE BEFORE + AFTER PICS OR MEASUREMENTS**

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

- POST YOUR CHALLENGE SUBMISSION BY JANUARY 31ST**