



OCTOBER CHALLENGE

KICKING OFF MONDAY, OCTOBER 5

☐ **COMPLETE A MINIMUM OF 5 JAIMEFIT WORKOUTS EACH WEEK**

*Post in Group or Leave a Comment in JaimeFit

WEEK 1: 1 2 3 4 5

WEEK 2: 1 2 3 4 5

WEEK 3: 1 2 3 4 5

WEEK 4: 1 2 3 4 5

☐ **WATCH AND COMMENT ON ALL OF THE OCTOBER 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 BEFORE + AFTER BOOTYBAND300 TEST**

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☐ **TAKE BEFORE + AFTER PICS OR MEASUREMENTS**

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

☐ **TAKE PIC OF YOU TRYING OUT MAKEUP TIP FROM STUDIO CARA LESSON**

☐ **POST YOUR CHALLENGE SUBMISSION BY OCTOBER 31**

#LOVEYOURSELFIT