



## WEEK 4 CHECKLIST



**PACK IT UP WEEK:** Grab your sassy pants & let's finish **STRONG!!!**

**TUNE IN:** Participate in and/or watch Facebook Lives:



[ ] Weekly Kickoff Monday 9:30 AM EST- Jaime & Karri **TOPIC: PACK IT UP**

[ ] Work It Wednesday 3PM EST - Jaime **TOPIC: Taking Fitness On Vacay with Booty Bands**

[ ] **Easy, Fresh & Beautiful Summer Makeup Thurs 12PM EST w/ Special Guest Studio Cara**

[ ] Fashion Friday 9AM EST — **TOPIC: How To Pack For Vacay, 10 Coveted Must-Haves!**



**FINAL SUBMISSION:** Complete the Challenge FINAL SUBMISSION & be considered for the Grand & Runners Up Prizes. More details to come!



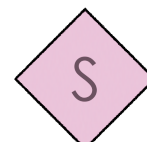
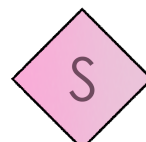
**BOOTY-FULL VACAY:** Try Jaime's Vacay Booty Burn Band Workout.

[ ] Purchase Booty Bands. Jaime's available at [JaimeBaird.com/shop](http://JaimeBaird.com/shop)  
(Use Code SHINE for Complimentary Shipping)

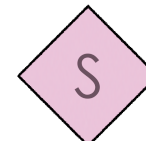
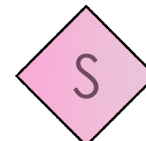
[ ] Try Jaime's Vacay Booty Burn Band Workout.



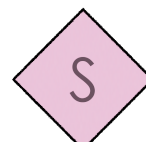
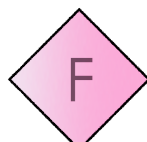
**BOTTOMS UP:** Drink 3-4 L of water each day.



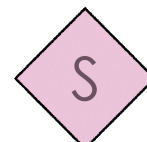
**SHARE!** Share a meal(s) & workout **EVERYDAY** in the group.



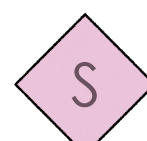
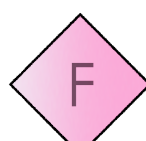
**SWEAT SUCCESS:** Kick butt on your workouts & recover on your rest days!



**HIGH FIVE:** Eat 5 veggie and proteins servings a day.



**SHINE YOUR VIBE:** Spend an extra 10 min finalizing your outfit. You're worth it!



**WHISPERS:** Acknowledge your favorite body parts when you look in the mirror.  
(Your Whisper should be getting easier!!)

