



KICKING OFF TUESDAY, SEPTEMBER 8

CHECKLIST

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

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

*Post in Group or Leave a Comment in JaimeFit

WEEK 1

WEEK 2

WEEK 3

PARTICIPATE IN THE BEFORE + AFTER STRENGTH & CONDITIONING TEST

*Post in Group or Leave a Comment in JaimeFit

TAKE BEFORE + AFTER PICS OR MEASUREMENTS

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

POST YOUR CHALLENGE SUBMISSION BY SEPTEMBER 26TH

#LOVEYOURSELFIT