



September 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fall into Fitness September Challenge! 						1 Take a photo of your healthy meal, upload to Facebook or Instagram and tag us.
2 Check into Integrity with Facebook.	3 Do your EZCOACH workout.	4 Book a Health Coaching Session.	5 Do 50 Squats	6 Do 50 Burpees	7 Do your EZCOACH workout	8 Share a healthy smoothie recipe online and tag us.
9 Check into Integrity with Facebook.	10 Do 50 Push-ups	11 Do 60 Squats	12 Do your EZCOACH workout	13 Purchase something in the store. \$ 5 or more.	14 Bring a friend. (Only during coaching hours.)	15 Take a selfie at the gym. Upload it to social media and tag us.
16 Show us what you are eating for a snack today. Photo. Upload. Tag us!	17 Do 70 Squats	18 Do 60 Burpees	19 Do 60 Push-ups	20 Do your EZCOACH workout	21 Schedule a program up date.	22 Check into Integrity with Facebook.
23 Write down three things you are grateful for.	24 Meal prep – do it for one week. We want to see a photo! 😊	25 Do 80 Squats	26 Do 70 Burpees	27 Do 70 Push-ups	28 Do your EZCOACH workout	29 Do 50 lunges
30 Give yourself a hug! You deserve it. 😊			Have a coach initial at least 15 days out of the month as proof you completed a task and you will receive 15% off any one Supplement or Protein Powder of your choice.			