



Fit For Life Solutions Holiday Challenge!!

Overview: The goal of this challenge is to keep you involved and to have fun during the holiday season which is typically the hardest time of year to keep up with your fitness lifestyle.

Directions: Print out this card. Every time you complete a box, get it signed off by a Fit For Life Solutions instructor. Most things will require you take a picture of yourself to prove that you did it. If it's a class outside of bootcamp, we ask that you get the instructor to sign that box for you!

Completed cards: Will win a FREE personal training session worth \$80, a tub of protein powder worth \$50, and be listed on our website as one of the winners of the Holiday Challenge!!

Complete 18 boxes or more to make the list on our website as a Holiday Challenge Achiever! ;)

Bootcamp Class	Bootcamp Class	Bootcamp Class
Bootcamp Class	Bootcamp Class	Bootcamp Class
Bootcamp Class	Bootcamp Class	Text Beau while ordering food and ask him if what you ordered is OK. 650-238-7504
“Double Bootcamp” Day. Do 2 bootcamp classes back-to-back!	Try an IGT class in Foster City!	Give Fit For Life Solutions in Foster City or Fit Body Boot Camp in M.View a Yelp review!
Post a pic of yourself on Facebook of you training with us!	Give your favorite trainer a hug!	Do 100 push ups in less than 10 minutes
Take a spin class	Jog on the beach and show us the pic!	Do 100 push ups in less than 5 minutes
Give us feedback on a blog post at www.fitforlivesolutions.com	Write a 3 paragraph essay on your training and read it to the group after class	Take a Zumba class
Drink a full gallon of water in one day!	Take a YOGA class	Take an Abs class
Go to Jamba Juice and get a shot of wheat grass!	Give Foster City Athletic Club a YELP review!	Walk to the top of Montara Mountain and take a pic of yourself!