The Cut
Bingo Challenge

PUNCH LOVE

Complete weekly habit tracker	*Attend BONUS training session*	*Participate in mini challenge*	*Post in Facebook group*
Hit protein goal for3 days in a row	*Meal prep a whole week*	*Share goal with a buddy*	*Try meal from recipe book*
Log 3 workouts in a week	*Take time for self care activity*	*Drink min 2L water 5 days for a week*	*Encourage or support another challenger*
Fill in Wk 1 measurement tracker	*Stick to meal plan over weekend*	*Dress up for theme week*	*Complete 8,000 steps a day for a week*

