

# MONTH TWO: October

The toughest part is already behind you, as we enter Month Two of the Fit Won't Quit Challenge! You've already done an incredible job throughout September, and as we move into October, get ready for new innovative guides & videos coming your way. Don't forget to keep marking off days to hit your check-in goal!



Log your **3 weekly check-ins!**

SUN	MON	TUE	WED	THU	FRI	SAT
						1 HYDRATE
2 HYDRATE	3 Exclusive HIIT+ Class for Challenge Participants! HYDRATE	4 HYDRATE	5 HYDRATE	6 5PM EST LIVE Facebook & Instagram Live with Petra HYDRATE	7 HYDRATE	8 HYDRATE
9 HYDRATE	10 Exclusive HIIT+ Class for Challenge Participants! HYDRATE	11 12PM EST Webinar Two: From Will Power to WHY Power: Understanding Motivation & Habits HYDRATE	12 HYDRATE	13 HYDRATE	14 HYDRATE	15 HYDRATE
16 HYDRATE	17 Exclusive HIIT+ Class for Challenge Participants! HYDRATE	18 HYDRATE	19 HYDRATE	20 HYDRATE	21 HYDRATE	22 HYDRATE
23 HYDRATE	24 Exclusive HIIT+ Class for Challenge Participants! HYDRATE	25 HYDRATE	26 12PM EST LIVE Accountability & Check-In Session with Petra HYDRATE	27 HYDRATE	28 HYDRATE	29 HYDRATE
30 HYDRATE	31 Exclusive HIIT+ Class for Challenge Participants! HYDRATE					

## Tips from the Challenge Pros!

### FITNESS

Now that a month of the challenge is behind us, getting over the mid-challenge hump is more important than ever. Your body might be starting to get used to your existing routine, so start slowly increasing reps, weights, or times in your exercises to discover some serious changes in your body!

### NUTRITION

Halloween is coming, which brings the desire for tons of sweet snacking! Everything should be enjoyed in moderation, and there are tons of sweet alternatives you can find online using substitute ingredients. Look out later this month for a spooky-recipe guide, filled with healthier choices to Halloween favorites!

### WELLNESS

Coach Petra Kolber shares, "Uncover your compelling "WHY" behind your goals and write it down. Maybe you want to lose some weight, get stronger, find more flexibility... but "Why?" How will your life expand and grow as you move toward creating your best possible future? How does achieving this goal help me to be the person I want to be?"