

MONTH ONE: September



The Fit Won't Quit 90-Day Challenge has officially begun! Prepare for 90 days of fitness, nutrition, mental health, and **ACCOUNTABILITY** (we're all in this together!) Be sure to check your emails regularly for guides, videos, recipes, webinar links, and much more to help you succeed as the next few months go on. Get ready...get set...and good luck!

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

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
				HYDRATE	HYDRATE	HYDRATE
3 Weekly Check-ins Begin!	5 Challenge HIIT+ Class	6	7	8 5PM EST LIVE Instagram Live with Petra	9	10
HYDRATE	HYDRATE	HYDRATE	HYDRATE	HYDRATE	HYDRATE	HYDRATE
11	12 Challenge HIIT+ Class	13 12PM EST Webinar One: Goal Setting for Success: From Smart to Start	14	15	16	17
HYDRATE	HYDRATE	HYDRATE	HYDRATE	HYDRATE	HYDRATE	HYDRATE
18	19 Challenge HIIT+ Class	20	21	22	23	24
HYDRATE	HYDRATE	HYDRATE	HYDRATE	HYDRATE	HYDRATE	HYDRATE
25	26 Challenge HIIT+ Class	27	28 12PM EST LIVE Accountability & Check-In Session with Petra	29	30	
HYDRATE	HYDRATE	HYDRATE	HYDRATE	HYDRATE	HYDRATE	

Tips from the Challenge Pros!

FITNESS

Creating a balanced plan is the way to start strong! When planning workouts, be sure to incorporate cardio days, mixed in with days focused on weight training. A yoga or pilates class is another great addition to throw into the rotation, and can help with muscle recovery! Try our action-packed HIIT+ class to help build lean muscle (check your clubs schedule for a HIIT+ class each Monday exclusively for challenge participants!)

NUTRITION

Abs are made in the kitchen, but don't forget about water! Our EatLove dietitians recommend drinking **eight 8-ounce glasses**, which equals about 2 liters of water every day. Water carries nutrients and oxygen to your cells, and will help fuel your workouts! Every challenge participant gets complimentary access to EatLove, free of charge.

WELLNESS

Coach Petra Kolber shares, "You may have heard of SMART goals: Specific, Measurable, Attainable, Realistic Timely. I want you to also think of an additional SMART acronym: **S**uccessful, **M**otivated, **A**ccomplished, **R**esilient, **T**ransformed. These are just a few of the powerful gifts you will be strengthening each day you don't quit. While the first smart gives you guidelines, the second smart builds your character. Each day that you show up and do your best, helps you build your trust and belief in yourself.

HIIT+ available at select clubs - ask the front desk for your clubs schedule!