



N.●P
not only pants

The 6-Week

Make Yourself a Priority

Challenge

Welcome!

If you're new to Not Only Pants (N.O.P), we're a small female-owned and operated business whose mission supports female empowerment!

How We Got Started

Not Only Pants was started after our founder, **Monica** was involved in a horrific car accident injuring her back badly. She suffered for months and years both mentally and physically. "I gained weight, suffered from bloating, I couldn't exercise and nothing fit me well. Leading to me not feeling good about myself.

I learned that the right pair of leggings changes EVERYTHING- It has the power to make us feel better, to motivate us, to empower us". So I decided to create the most comfortable and flattering leggings without all the things we hate."

We carry leggings for women of all shapes and sizes (from S to 5XL) that are made from high-quality, premium materials, that stay up, that contour the body, and feature different compression levels. We carefully test each and every pair of leggings for quality before we bring it to our customers.

N.O.P is made by women, run by women, and loved by women - all around the world!



www.notonlypants.com

Our Mission

We believe every woman deserves a pair of leggings that make her look and feel great. Shape or size don't matter: feeling good about yourself does!

Our goal is to design our products with comfort, performance, and shape in mind, without sacrificing style and support.

We're also strong believers in supporting our community, and positively impacting people's lives and constant improvement—of both our leggings and ourselves.

We are actively promoting body confidence, self-care, resilience, wellness, and inclusivity.



The Challenge

At N.O.P, we strongly believe in supporting other women. And one way we feel like we can do that is by helping other women make themselves a priority. It can be easy to get caught up in day-to-day life and find we've given all of ourselves to everyone else: parents, spouses, children, work and don't have anything left for ourselves.

This challenge is to make all of us put ourselves first for just 10 minutes every day. And don't worry - **we'll be doing the challenge right along with you! Women supporting women, all the way.**

Join the community!

The N.O.P 6-Week Make Yourself a Priority Challenge will be hosted on our Facebook Group.

We'll host our meetings through here, stay up-to-date with one another here, and announce prizes. Basically, this is where all the fun and work happens!



Post your Pledge!

To make things official, enter this challenge by “Posting your pledge” to the group. How does it work?

It's simple! Just write on your pledge card (which you'll find on the next page) that you pledge (commit) to Make Yourself a Priority for at least 10 minutes per day for the next 6-weeks.



Next, take a photo and post it in the group and introduce yourself! (If you're not comfortable being in the photo, a picture of your pledge card by itself is totally fine! While we love to see everyone's smiling faces, we prefer everyone be comfortable with what they are sharing.)

We can't wait to get to know all of you!

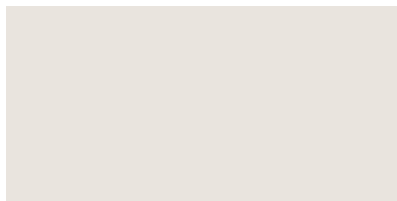
Your Pledge Card

Speaking of pledge cards... here is yours! You can choose to either print this out and write on it, or to write on it digitally.

Please remember the minimum is 10 min per day.

The 6-Week
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I pledge to make myself a priority for



MINUTES

per day for the next 6 weeks!

NOT ONLY PANTS



Your Calendar

Print out the next sheet so you have a place to track your progress over the next 6 weeks!

This will help keep you on track and ensure you are reaching your goals every day.

(There is something incredibly rewarding about seeing the calendar filled out at the end of the six-week challenge. You will be SO proud of yourself!)



Your Calendar

The 6-Week Make Yourself a Priority Challenge

WEEK 1	1	2	3	4	5	6	7
WEEK 2	8	9	10	11	12	13	14
WEEK 3	15	16	17	18	19	20	21
WEEK 4	22	23	24	25	26	27	28
WEEK 5	29	30	31	32	33	34	35
WEEK 6	36	37	38	39	40	41	42

Check the boxes in your calendar as you achieve your goals!

What should I Pledge?

We hope this one is easy for you! We want you to pledge to make yourself a priority for 10 minutes per day for the next six weeks. Doesn't sound reasonable to you? Adjust it to what you think you can do!

Keep in mind, though, that all of our mini {weekly} challenges are set up with the 10-minute marker in mind because that was really our end goal in developing the entire challenge. We chose 10 minutes and aligned all of our mini-challenges to match them because we felt like they were measurable and attainable.

However, if you prefer to pledge to do one small thing for yourself every day instead, (I read one chapter of my book, I ate the raspberries I normally only give my kids, etc.) you can pledge that.



www.notonlypants.com



Weekly Challenges!

Join us each week in our weekly mini challenges to push yourself even further!

Truthfully, these are set up to help you reach your goals, not necessarily push you further. We wanted to help set you up for success and felt like offering mini-challenges weekly would give you places to jump off from in doing your 10-minutes per day.

So each week throughout the next six weeks, there will be a new weekly challenge focus!

You don't have to participate in the weekly challenges to be part of the overall challenge, but there are chances to win prizes throughout the course of the challenge, and we really believe the weekly challenges are going to make you successful.

The weekly challenges are as follows:

- Discovery Challenge
- Gratitude Challenge
- Movement Challenge
- Connection Challenge
- Food Challenge
- Accomplishments Week



Weekly Meetings

Join us every Friday at 12:30 PM via Facebook live within our group to:

- Recap the week
- Announce winners
- Share motivation
- Check-in
- Just say hi and get to know each other!



Prizes!

Here at N.O.P, we love rewarding those people who are showing up and participating!

WEEKLY WINNERS

Every week we will announce the winners of that week's challenge. Check out the categories you can win below!

The Go-Getter

Won that week's weekly challenge

The Goal Crusher

Hit their priority goal every day that week

The Weekly Motivator

Was supportive in the group that week

The Em-Power(er)

Posted a valuable video/picture that week

GRAND PRIZE WINNERS

At the end of the challenge we will send out a survey asking the group who they feel helped inspire/encourage them throughout the challenge and those votes will help in deciding our grand prize winners!

There will end up being a BUNCH of winners at the end!

Parties

Who doesn't love a fun party? We love to celebrate you and the success you are having, so plan to join us for these awesome parties!



Kick-off Party

Introducing the challenge and each other!
We give our prizes, do trivia and hold flash sales

Milestone Party

We celebrate the halfway mark with a milestone party, special guests, give out more cool prizes, and hold flash sales

End of Challenge Party

Join us, for an even BIGGER party at the end of the challenge with even more prizes and fun!

Your Checklist to Success

Make sure you've completed each of these steps to get the most out of the N.O.P Make Yourself a Priority 6-Week Challenge.

- ☐ Post your pledge selfie in the group & introduce yourself
- ☐ Check-in as often as you can with how you are doing + support others in the group!
- ☐ Participate in the weekly challenges
- ☐ Join the live meetings every Friday at 12:30 PM
- ☐ **STEP OUT OF YOUR COMFORT ZONE** - challenge yourself to make friendships & try things that are hard for you.
- ☐ Have fun!





Is there a cost to join the group?

No cost! This is a free challenge! We are truly here to support you and your goals and can't wait to help you crush them!

I don't have a printer to print my pledge card, can I still join?

Absolutely! Many members use their phones to keep track. There are a bunch of creative ways to still make your pledge.

If I miss something on one of the mini-challenges, can I still participate in the big one?

Yes! The mini-challenges (the weekly challenges) often give you something to work towards for the bigger challenge, but let's say you just really struggle with one more than another: that's ok! As long as you are working hard to make yourself a priority for at least 10 minutes per day, you are still working on the big challenge.

I can't make the live meeting times. Can I still participate?

Of course! You can watch the videos later, and you can definitely do the challenge on your own timeline. The lives are intended to make things more fun, and to give us a way to award prizes as we go along.

What if I am starting the challenge late?

Still join! Print your pledge card, post your selfie & introduce yourself. While the grand prize is reserved for those that started on day 1 with us, we still have a LOT of sub category prizes anyone can win, regardless of when you started. And anyone, new or old members, can win our weekly challenge prizes!

How do I access the Facebook lives every week?

The link will be posted in the FB group and sent out to everyone by email each week!

What If I don't Have Facebook?

To get the most out of this experience, we'd love to have you join our private FB group. If you don't have FB, you will still be able to access the meetings and parties, but you'll miss out on the community aspect of the challenge!

What If I am going to be on vacation for a week?

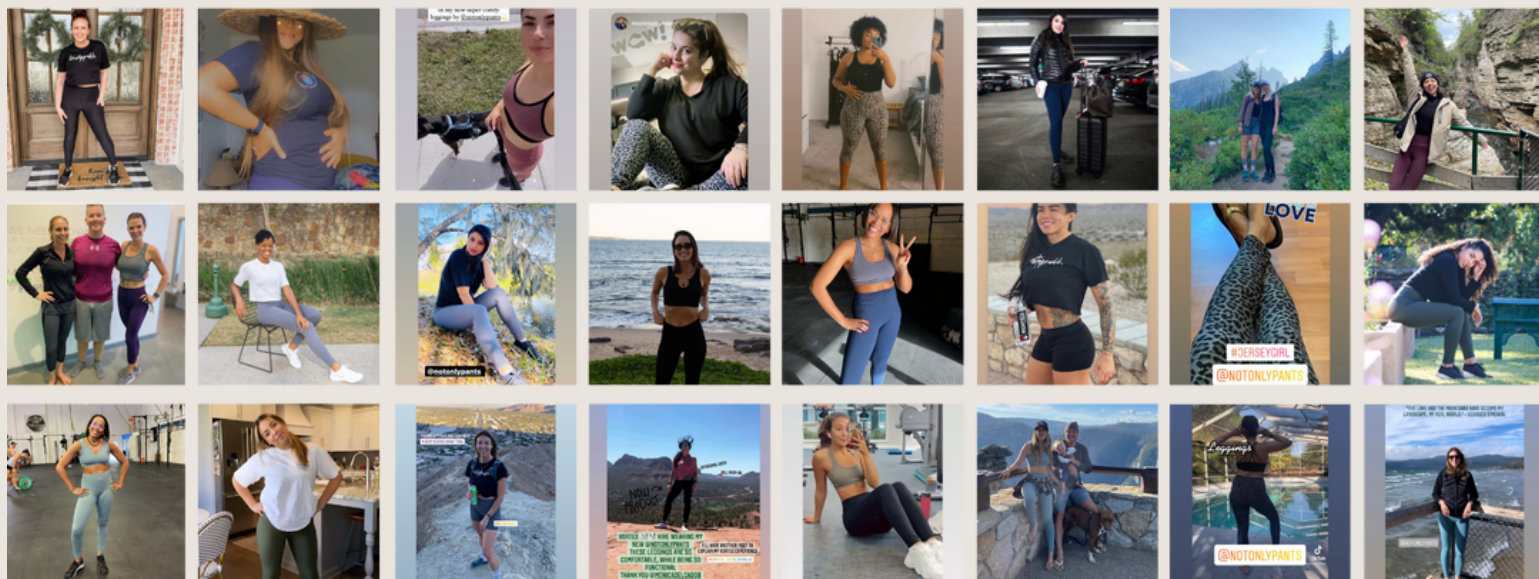
Time off is important! We'd encourage you to keep making at least 10 minutes per day for yourself, and we also encourage you to feel totally comfortable NOT getting on FB during your vacation time.

Do I have to be on camera?

You don't have to do anything you don't want to!

Do I have to buy any of your leggings in order to participate?

Nope. We think you'd love them and encourage you to ask all kinds of questions about them in the group so you can see what the fuss is all about, but you owning Not Only Pants leggings is NOT a condition of participate of the challenge or being in the group.





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