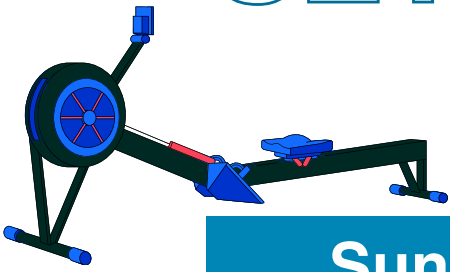


# SET, SWEAT, SUCCEED CHALLENGE

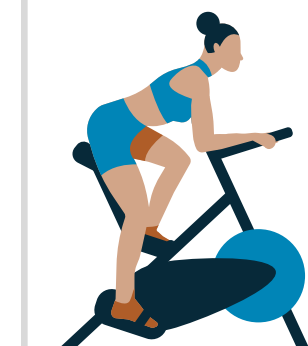
LET'S RISE TEAM ECHELON!

# FEBRUARY 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Write down your goals	2 Invite a friend to join you	3 Post your goals in the community
4 Rest Up for Day 1 tomorrow!	5 Day 1 Let's Go! Take your fave class format	6 Focus on hydration today	7 Take class w/ a new instructor	8 Try a Meditation before bed	9 Happy Friday! High Five someone in a live class!	10 Reflect on what you accomplished this week
11 Plan for success this next week	12 Make a new LB friend today	13 Try a Power Class	14 Post a Sweaty Selfie in the community	15 Start thinking about healthy meals for next week	16 Take a yoga or stretch class	17 Rest Day!
18 Prepare for the new week w/ a Restorative Yoga class	19 Focus on balanced meals today	20 Organize a Worlds Competition w/ friends	21 Take an Endurance Class	22 Start the day with lots of water!	23 Go for heavier weights today!	24 List 5 things you're grateful for
25 Get ready to crush this last week!	26 Take a FitPass Class	27 Focus on mind/muscle connection	28 Find a new friend in the community	29 Take an international ride	1 Post about your transformation or your goals	2 Post your finished calendar and what you loved about this challenge

## Challenge Goals



write down your goals here! ↪