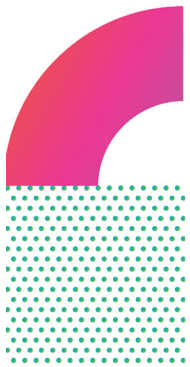




# you for you

## CHALLENGE



Name: \_\_\_\_\_ Date: \_\_\_\_\_



## Goals

1. What are you aiming for? What is your goal?

- Weight Loss: \_\_\_\_\_
- Muscle Building: \_\_\_\_\_
- Health & Immunity: \_\_\_\_\_
- Other: \_\_\_\_\_

2. Envision yourself at the end of the You for You Challenge: What have you achieved? Why is this important to you right now? Please be specific.

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3. What are you letting get in the way of achieving your goal? What approaches have and have not worked for you?

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4. What will you feel like when you achieve your goal?

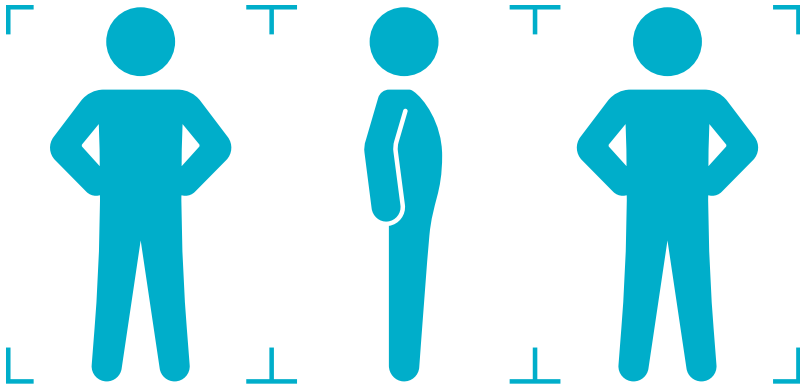
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5. What can you do today to step closer to your goal?

- Rearrange your schedule
- Call someone to let them know your plans/ be your accountability partner
- \_\_\_\_\_



## Photo Tips



### Before & After Photo Tips

Take three photos at home: front, side and back

- Dress in a swimsuit or similar clothing
- Clearly show paper dated between November 7–14 (recommended, not required)
- Show 3/4 body or full body to show weight loss or transformation
- Stand comfortably with arms down, without pushing out or sucking in your stomach

### Prizes



#### Grand Prize

4 National Winners (2 Female, 2 Male)

- Year Membership Dues Credit
- 10 Personal Training Sessions
- Supplement Pack
- HOKA® Prize Pack
- Invisalign® Treatment



#### Weekly Challenge Winners

24 National Winners (3 Weekly Winners)

HOKA® Shoes



# Progress & Results

## Track Your Progress

Movement	Kickoff Assessment Workout		Week 8 Reassessment Workout	
	Set 1	Set 2	Set 1	Set 2
Squats				
Shoulder/Foot Taps				
Hip Bridge				
Sit-ups				
Lunges				
Pushups				

## Track Your Stats

	Weight	Body Fat %	Notes
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			
Week 7			
Week 8			