



Complete the 7 items on the summer fit list during challenge dates.

**21-DAY  
SUMMER FIT LIST**

Dates: **July 10 - Aug 6**  
Cost: **FREE**

|   |  |
|---|--|
| <input type="checkbox"/> Do 12 or More SSoD Workouts  | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| <input type="checkbox"/> Drink at Least 40 oz Water 12 or More Days   | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| <input type="checkbox"/> 10-Min Stretch 12 or More Days   | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| <input type="checkbox"/> Eat at Least 12 Servings of Vegetables   | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| <input type="checkbox"/> Go Outside for a 20 Min (or More) Walk or Run 4 or More Days   | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>  |
| <input type="checkbox"/> Give a Compliment to a Trainer or KOMrade<br>Either on the Comment Section of a Class or on the FB Group | <input type="checkbox"/>   |
| <input type="checkbox"/> Give Yourself a Compliment   | <input type="checkbox"/>   |

**YOU'VE GOT 21 DAYS TO GET THEM ALL DONE!**