

"Pop" Challenge #1: Goals Challenge

For this first "Pop" challenge, you must fill out on your yellow sheets, your short term fitness and exercise goals as well as your short term nutrition goals. There are 3 for each category, and you must fill them all in. Some may be 12 week goals, some may be 4 week goals. It is up to you. Please give it some thought as this is done to help you. Setting those short term goals, gives you something realistic to aim for in a certain time frame. This helps you keep on track and also helps you find "wins" along the way when your ultimate goal may take a much longer amount of time to reach. Think about things that hold you back when you have tried to reach these goals in the past and what you can do to hold yourself accountable and stay on track this time around. For instance, if you snack in the evenings and take in a lot of calories then, maybe your goal is to not eat after 7pm. That is something you could stick to for the entire 12 week contest. If you know you want to lose 24 pounds, maybe you set 3 monthly goals of losing 8 pounds a month. You would then set the accomplished date, to those 3 dates. 8 pounds by Dec 6th, 8 more pounds by January 3rd, etc.

You must bring your yellow sheet, filled out, to class for your trainer to mark down that you completed the challenge. Your Trainer will email me the results of who all completed the task on the team and who did not by Tuesday, November 15th end of the day. This allows each team to have a class to show their Trainer the completed yellow sheets. If you do not make class for some reason, you can email it to your Trainer prior to the due date. Each person who participates gets 3 points for their team. Remember, because teams are uneven numbers each team's points are represented by a multiplier based on 10. So, a team that has 10 people, 1 point = 1 point. For teams that have more or less than 10, a multiplier is used based on the amount of people over or under 10. For example, a team that has 8 people, 1 point = 1.25 so the total number of points on any given challenge is multiplied by this number (and then rounded). This makes it fair for all teams to earn the same amount of points regardless of how many people are on a team.

There will be a random drawing for 2 people who participate in the challenge to be able to win an extra 3 points for their team.