




# BEAST MODE

# CHALLENGE

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>October is a great month to kick-off your fitness journey. The team at Lifestyles has put together a calendar that people of all fitness levels can do. Participation is easy! Enter Beast Mode by completing at least 10 of the challenges. To receive your official Beast Mode T-shirt, please check off the days that you have completed and submit your calendar to a Customer Care Representative between <b>November 1-7</b>. (Shirt sizes are first come, first serve.) This challenge is open to Lifestyles members and non-members.</p>						<p>1 <input type="checkbox"/></p> <p>Walk for 30 minutes</p>
<p>2 <input checked="" type="checkbox"/></p> <p>Rest Day</p>	<p>3 <input type="checkbox"/></p> <p>Burpees for 1 minute</p>	<p>4 <input type="checkbox"/></p> <p>Drink 64 oz of water</p>	<p>5 <input type="checkbox"/></p> <p><b>ATTEND</b> Beast Mode Class 6:45-7:15 pm Emily   MPR  *Registration required</p>	<p>6 <input type="checkbox"/></p> <p>Plank for 1 minute</p>	<p>7 <input type="checkbox"/></p> <p>Walk for 30 minutes</p>	<p>8 <input type="checkbox"/></p> <p>Walk for 30 minutes</p>
<p>9 <input checked="" type="checkbox"/></p> <p>Rest Day</p>	<p>10 <input type="checkbox"/></p> <p>Push-ups for 1 minute</p>	<p>11 <input type="checkbox"/></p> <p>Walk for 30 minutes</p>	<p>12 <input type="checkbox"/></p> <p><b>ATTEND</b> Beast Mode Class 6:45-7:15 pm  Emily   MPR *Registration required</p>	<p>13 <input type="checkbox"/></p> <p>Drink 64 oz of water</p>	<p>14 <input type="checkbox"/></p> <p>Walk for 30 minutes</p>	<p>15 <input type="checkbox"/></p> <p>Walk for 30 minutes</p>
<p>16 <input checked="" type="checkbox"/></p> <p>Rest Day</p>	<p>17 <input type="checkbox"/></p> <p>Lunges for 1 minute</p>	<p>18 <input type="checkbox"/></p> <p>Drink 64 oz of water</p>	<p>19 <input type="checkbox"/></p> <p><b>ATTEND</b> Beast Mode Class 6:45-7:15 pm Emily   MPR  *Registration required</p>	<p>20 <input type="checkbox"/></p> <p>Walk 10,000 steps today!</p>	<p>21 <input type="checkbox"/></p> <p>Walk for 30 minutes</p>	<p>22 <input type="checkbox"/></p> <p>Walk for 30 minutes</p>
<p>23 <input checked="" type="checkbox"/></p> <p>Rest Day</p>	<p>24  <input type="checkbox"/></p> <p><b>ATTEND</b> Full Body Pumpkin Workout 6:00-6:45 pm \$5   Emily   Outdoor *Registration required</p>	<p>25 <input type="checkbox"/></p> <p>Sit-ups for 1 minute</p>	<p>26 <input type="checkbox"/></p> <p>Squats for 1 minute</p>	<p>27 <input type="checkbox"/></p> <p>Drink 64 oz of water</p>	<p>28 <input type="checkbox"/></p> <p>Walk 10,000 steps today!</p>	<p>29 <input type="checkbox"/></p> <p>Walk for 30 minutes</p>
<p>30 <input checked="" type="checkbox"/></p> <p>Rest Day</p>	<p>31 <input type="checkbox"/></p> <p>Push-ups for 1 minute</p>	<p><b>I ENTERED BEAST MODE!</b></p> <p>First Name _____ Last Name _____</p> <p>Address _____ City _____ Zip _____ Shirt Size _____</p> <p>Phone # _____ Email _____</p>				