

MINI-CHALLENGE AND PARTNERSHIP IDEAS



MINI-CHALLENGE IDEAS

- SEND A PIC OF YOUR FAVORITE KITCHEN TOOL
- PANTRY CLEAN-OUT
- WEIGH YOUR NORMAL SERVING OF PROTEIN AND TELL US HOW MUCH IT WAS
- SEND A PIC OF YOUR GROCERY CART
- TAKE A PICTURE OF YOUR GOAL OUTFIT
- WRITE 5 NUTRITION QUESTIONS AND SHARE
- FIND 3 WAYS TO MAKE A FAMILY RECIPE HEALTHIER
- TELL ME YOUR BIGGEST NUTRITION STRUGGLE
- SEND A PIC. OF PLATE METHOD FOR 5 CONSECUTIVE DAYS

PARTNERSHIP IDEAS

- MASSAGE PARLOR OR DAY SPA
- SUPPLEMENT STORE
- OUTDOOR ACTIVITY BUSINESSES (KAYAKING, WATER SPORTS, GOLF, ETC)
- GROCERY STORE
- SMOOTHIE OR COFFEE SHOP
- LOCAL RESTAURANTS
- DATE BASED (DINNER CRUISE, POTTERY, THEATER)
- PT SESSION TO HIGHLIGHT A COACH
- GYM BRANDED GEAR