

RUN YOUR OWN CHALLENGE GROUP

21 Day Quick Fix:

<https://docs.google.com/document/d/1TWpB9S5OUUrYrf8QRPZdGU1mwVIH8Rk2KNQxjC7LjQw/edit?usp=sharing>

https://docs.google.com/document/d/1x7t_xygQ34WgO2HR_kdWa9d6b5gT5i-u4PhUiqKzaXY/edit?usp=sharing

21 Day Fix / 21 Day Fix Extreme:

https://docs.google.com/document/d/16MwqtGSBjcHtRWYswIRDQk-WwlrHqyi_nslqb5fTOp0/edit?usp=sharing

21 Day Fix / 21 Day Fix Extreme Round 2 (use same prep week as above)

https://docs.google.com/document/d/16OUodFA7X-_DsC4p0DsgGeHD1rjflBKCnms-44YQKkl/edit?usp=sharing

60 Day Lifestyle Challenge:

<https://docs.google.com/document/d/1-hEAYCq5CljIKvICl1EoLmFADPY4Ae7knn2Fa0Xkw5E/edit?usp=sharing>

90 Day Challenge:

Days 1-30

<https://docs.google.com/document/d/1R371QwG5OA847z6TLql8py9bA4LMnhhWLRsplI2VDnl/edit?usp=sharing>

Days 31-60

https://docs.google.com/document/d/1upD7TS8RKQtTq_3i-GYDm1BLOneJINEKcZ2XvWZzKWU/edit?usp=sharing

Days 61-90

<https://docs.google.com/document/d/1QnU90ud5ImfHJ2KIAJTAFz9JseoLE62VsxyK6gOgfbk/edit?usp=sharing>

30 Day Health and Wellness Challenge (Jenni Gargano):

<https://drive.google.com/file/d/0By9ITFT6WB8dZWk1LUI2NC11bVk/edit?usp=sharing>

7 Day Clean Eating Challenge (Jenni Gargano):

<https://drive.google.com/file/d/0By9ITFT6WB8dc2pxelhjVE9hUFk/edit?usp=sharing>

Melanie Mitro's Challenge Group Assignments:

<https://drive.google.com/file/d/0By9ITFT6WB8dNU1pUzJybmNJbmM/edit?usp=sharing>

Lindsay Matway's Faith Based Challenge:

<https://docs.google.com/document/d/1hZ4yM5NpWRGQriskTgjP8ZCtGftjUq9BcKIhI9xorCM/edit?usp=sharing>

Lindsay Matway's Life By Design Challenge:

<https://docs.google.com/document/d/1oVGSJo92AflL6fqj2aHUTaLlxSZ62BGrnNuLvF7IbkA/edit?usp=sharing>

Melanie's 30 Day Clean Eating & Shakeology Challenge

https://docs.google.com/document/d/1P2mRGDE0NNaDJLI8W9EaSs_PoX5NHZN8-XXA8dNObmA/edit?usp=sharing
