

Challenge#1

Now this is where the fun begins!!

Time duration:

7 days

Workout:

100 burpees per day.

This workout is additional to what you're currently doing, and it doesn't replace it.

E.g. If you're currently doing 100 pushups a day, then you'll keep doing 100 pushups a day AND will also do the additional challenge workout.

P.S. It takes 10-20 minutes, so no excuses.

P.P.S. If you think you're "too good" for this challenge and the upcoming ones, then leave. I don't care.

Main Challenge:

This is the heart of the challenge.

You have to send your MAIN goal in the #off-topic channel and tag me.

I'll review your main goal and then after going back and forth in the chat, we'll decide on a few key but DIFFICULT tasks that you'll have to perform for the next 15 days.

You might just hate me for it.

But I don't care.

If we are getting the results we desire, then that's all I care about.

In a separate document, I'll add the tasks each of you has to do, so that we can keep each of us accountable.

What if I fail?

If you fail your burpees for 1 day, then you'll do 200 burpees the next day.

If you fail your tasks 1 day, then you'll add 100 more burpees for the next day.

Note: If some day you cant do any of those 2 things, then tag me with a VIABLE reason.

If you fail to do even 1 task, 2 days in a row, then you'll be removed from the roster.

What do I benefit from staying on this roster?

2 things...

1. Achieving your financial goals 10x faster than if you werent here.
2. Achieving a strong mind and strong body 10x faster than if you werent here.

Start date:

1st July 2024