



30-Day Healthy Holidays Challenge

**WIN... \$25 CASH + \$50 IN SERVICES +
6-PACK FITNESS MEAL PREP BAG!**

NOVEMBER 25 - DECEMBER 25

Earn the most “Healthy Rewards” points & WIN IT ALL!

How To Earn “Healthy Rewards” Points:

**Each time you complete one of the tasks below, you earn the corresponding rewards points.*

**Points tracked weekly by Edge Fitness. Update on standings to be posted at the mid-way point.*

***NOTE:** For ALL social media posts, you must CHECK-IN to Edge **and** TAG ‘Amanda Price Salazar!’

Edge Fitness Social Media Health	Fitness & Nutritional Health
FB/IG Check-In when you are at Edge Fitness - 5 points	Attend WED or FRI Boot Camps -20 points/class
Share Edge Fitness webpage on your FB/IG page – 10 points	Attend SAT Boot Camp – 10 points; Mon/Tues/Thur Boot Camps – 5 points
Post a Google REVIEW on EDGE Fitness listing – 50 points	Purchase any Edge Fitness service – 15 points
Invite FB friends to like Edge Fitness FB page – 25 points	Attend a private personal training session – 20 points
Wear Edge Fitness shirt or tank to a public event or place like a shopping store, movie theatre, or another gym – Post a pic on FB/IG to prove it and Check-in at Edge Fitness + Tag Amanda Price Salazar – 35 points	Email an <u>HONEST</u> detailed weekend food log providing food eaten, brand names if applicable, serving sizes, time of day, etc. (Include: Sat & Sun) to Amanda. If it passes as 80% HEALTHY/CLEAN – 40 points
Post a REVIEW on any Edge Fitness social media sites – 10 points/posted review (it’s okay to copy/paste same review)	Join Amanda for her Sweaty Turkey Boot Camp workout on Thanksgiving Day @ 9:00am – 25 points
Working out on your own away from Edge Fitness? Post a FB/IG status update detailing your workout with your ‘finishers face’ selfie pic and Check-in at Edge Fitness + Tag Amanda Price Salazar– 10 points	Recipe Remake: Turn a normally unhealthy recipe into a remade healthy recipe. Try making it. Email both versions of the recipe to Amanda and provide sample to her for approval – 40 points