

AFTERBURN FITNESS CLUB's
BUILDING
HEALTHY HABITS
6-WEEK
CHALLENGE
INFORMATION PACKET

January 2nd, 2023 to February 13th, 2023

INFORMATIONAL MEETING

Monday, December 28th, 2022 at 6pm
In the Afterburn Fitness Club Weight Room
(In-Person or Zoom by request)

Visit our website to sign up!

afterburnfitnessclub.com

[@afterburnfitnessclub](https://www.instagram.com/afterburnfitnessclub)

afterburnfitnessclub@gmail.com

AFTERBURN FITNESS CLUB's
HEALTHY HABITS 6-WK CHALLENGE

This 6-Week Challenge focuses on building healthy habits through incentivizing daily physical activity, water intake, and other healthy practices. Using daily and weekly incentives to encourage participation, participants will accumulate points over 6 weeks by completing and logging tasks daily.

RULES & DETAILS

START DATE: January 2nd, 2023

END DATE: February 13th, 2023

WHAT YOU GET

1. Weekly Incentives & Prizes
2. 24/7 Gym Access (pick up keyfob at your convenience)
3. 1 FREE In-House Class Per Week
4. 1 FREE Virtual Class Per Week with Guest Trainer, Sundays at 7pm
5. Weekly Communication & Check-Ins w/Trainer
6. Facebook Group with exercise videos, tutorials, & additional health & fitness resources.
7. A Personalized Participant Packet which includes nutrition resources, home & gym workouts, other helpful hints & tips on how to win.
8. 25% OFF All Additional Memberships

HOW YOU WIN

The participant with the most points at the end of the 6 weeks wins! There are 5 categories that participants will obtain points from. There will also be additional weekly incentives and prizes to accumulate additional points.

Each participant earns points in five categories:

1. **Daily Water Intake Minimum** based on participant's weight.
2. **Daily Steps Minimum** based on participant's age.
3. **Weekly Classes or Personal Training Sessions Completed** with a maximum of 3 points per week.
4. Additionally, each participant will receive one point for every **1 inch lost from their total measurements.**
5. And will receive one point for every **1.0% of total body weight lost** using the start & end weight & measurements.

WHAT YOU WIN

Weekly Incentives & Prizes!
1st & 2nd Place CASH Prizes!

CHALLENGE COST

\$50 for current members
\$75 for non-members

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WHAT IS REQUIRED OF PARTICIPANTS

1. To start the challenge, participants will need to ***weigh in and get their measurements taken*** on or before the week of Jan. 2nd.
2. Participants will be ***added to the Healthy Habits Challenge Facebook Group***. Weekly challenges will be posted on the Facebook Group page with special incentives and prizes.
3. Participants will need to ***download the MyFitnessPal app and add username AfterburnFitnessClub*** as a friend. This is how daily water intake and steps will be monitored. *There is also an option to log your water and steps in a shared spreadsheet.*
4. Participants MUST log water intake and steps so your trainer can monitor your progress AND so you can EARN POINTS!
5. To end the challenge, participants will need to ***weigh in and get their measurements*** taken on or before the end date, ***February 13th.***

The Challenge begins Jan. 2nd, 2023 and ends Feb. 13th, 2023.

An Informational Meeting will take place on December 28th at 6pm. Participants will receive a Challenge Info Packet and will be an opportunity for questions. Before or on January 2nd, each participants' weight and measurements will be recorded. The last day of the challenge will be February 13th, 2022 and participants will need to schedule a time to do their final weigh in on or before that day.

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A PERSONALIZED PARTICIPANT PACKET

WILL BE SENT VIA EMAIL ON START DATE INCLUDES:

- *CALCULATED PERSONAL NUTRITION & CALCULATED HEART RATE RANGES
- *WORKSHEETS TO ASSIST IN SETTING GOALS, SCHEDULE, & PROGRAMMING

AFTERBURN FITNESS CLUB's
OUR OTHER SERVICES

GROUP FITNESS CLASSES

Group classes are available in person or via Zoom. We offer classes Monday through Friday; view the full schedule on our website. All fitness levels and experience are welcome and we use online booking for all of our classes!

We offer several membership options and when you purchase a Monthly Class Membership, you also get access to 24/7 access for free!

YOU WILL RECEIVE 25% OFF PUNCHCARDS!

24/7 GYM ACCESS

With 24/7 keyfob access, you have your pick of two rooms;
Afterburn's Cardio Center & **Afterburn's Weight Room**
(located at the back of the building) & *(behind the stairs in the lobby)*

We have a curated collection of cardio equipment, dumbbells, resistance bands, and a versatile cable machine as well. There is 24-hour card access to this room so you can get your workout in whenever it fits your schedule.

Contact us today to make an appointment for a tour of the facilities.

24/7 GYM ACCESS IS INCLUDED WITH THE CHALLENGE!

PERSONAL TRAINING

Personal training packages of all sizes are available. We offer 30, 45, & 60-minute sessions and are available in person or via Zoom. When you sign up for a monthly recurring personal training package of 4 sessions or more per month, access to the 24/7 access is included in your membership!

YOU WILL RECEIVE 25% OFF ALL PERSONAL TRAINING PACKAGES!

Contact us today to learn more!

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