

AFTERBURN FITNESS CLUB's

BUILDING

HEALTHY HABITS

6-WEEK

CHALLENGE

PARTICIPATION PACKET

January 5th, 2026 to February 15th, 2026

INFORMATIONAL MEETING

Thursday, January 2nd, 2025 at 5:30pm
In the Afterburn Fitness Club Cardio Center
(*NOT required*)

Visit our website to sign up!

afterburnfitnessclub.com

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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 5th, 2026

END DATE: February 15th, 2026

WHAT YOU GET

1. **FREE** access to EVERFIT App - nutrition, workouts, and point tracking.
2. 1 FREE In-House Class Per Week
3. Weekly Communication & Check-Ins w/Trainer
4. Weekly Incentives & Prizes
5. Everfit App offers workout programs customized to participants wants & needs and on-demand workout videos as well.
6. A Personalized Participant Packet which includes nutrition resources, home & gym workouts, other helpful hints & tips on how to win.
7. 10% OFF All Additional Memberships
8. Only \$15 to add-on 24/7 Access.

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 ALL

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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. 6th.
2. Participants will receive an **email invitation to download the Everfit App**. This is how daily water intake and steps will be tracked. The weekly mini-challenges will all be posted on your calendar in the App and reminders will be set based on your preferences.
3. Once the Everfit App is downloaded, participants will need to sync their chosen step monitor and MyFitnessPal to their Everfit profile. MyFitnessPal is only necessary if the participant would like help with their nutrition or because they already use MyFitnessPal regularly. You can also use the Food Journal option in the Everfit App to forgo using MyFitnessPal.
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 15th**.

YOUR PERSONALIZED PROGRAM & the Everfit App

AN INVITATION TO DOWNLOAD THE EVERFIT APP WILL BE SENT TO YOUR EMAIL ON OR BEFORE THE START DATE. ONCE YOU HAVE BEEN ABLE TO COMPLETE THE QUESTIONNAIRE ON THE APP, YOUR PERSONALIZED PROGRAMMING WILL BE ADDED TO YOUR EVERFIT PROFILE & INCLUDE:

- *CALCULATED PERSONAL NUTRITION
- *CALCULATED HEART RATE RANGES
- *WORKOUT PROGRAM OF YOUR CHOICE
- *WORKSHEETS & REMINDERS TO ASSIST IN SETTING GOALS
- *WORKSHEETS & REMINDERS TO BUILD ROUTINE

OTHER FITNESS & NUTRITION RESOURCES TO BE AVAILABLE:

- Follow-along Workouts.
- Guide to calculating your Optimal Heart Rate Range for Exercise
- Healthy Eating Meal & Snack Ideas
- Sample Meal Prep Shopping List, Meal Prep Recipes & How To's

When using the Everfit App for this Challenge, you will be able to sync MyFitnessPal, AppleWatch, FitBit, etc. to make tracking a little easier.

Everything you need will be in one place!

WHAT YOU GET

WEEKLY INCENTIVES & PRIZES

WEEKLY MINI-CHALLENGES TO EARN EXTRA POINTS

Each week of the Challenge will offer a new Mini-Challenge where participants can earn extra points! Mini-Challenges are listed below. They will be posted in the Everfit App and you will be sent reminders through the App as well.

Proof of completion for Weekly Mini-Challenges should be posted to the Group Forum you will be added to on the Everfit App on the day said Mini-Challenge is completed.

WEEK 1: STRETCH!

Complete assigned STRETCH routine 3 times during Week 1 for 3 extra points. Stretch routine is assigned on your Everfit calendar and it will be recorded when you complete it.

WEEK 2: ACTIVATE YOUR CORE!

Complete assigned CORE ACTIVATION routine 3 times during Week 2 for 3 extra points. Core workout is assigned on your Everfit calendar.

WEEK 3: GET OUTDOORS!

Complete 30 minutes of any OUTDOOR activity 3 times during Week 3. I know it's cold out there, but do your best! Participants must post on Everfit group forum when activity is completed with a snapshot to earn an extra 5 pts.

WEEK 4: TRY SOMETHING NEW!

Try a NEW type of workout or physical activity, or anything different from your current workout routine. The activity can be a new type of workout class or an activity you haven't done in a long time. Complete your NEW activity 2 times during Week 4. Participants must post on Everfit group forum when activity is completed with a snapshot to earn an extra 5 pts.

WEEK 5: EAT YOUR GREENS!

Eat three servings of veggies 4/7 days during Week 5. Participants must log food in the App or post a snapshot in the Everfit food journal to earn an extra 3 points.

WEEK 6: DRINK MORE WATER!

Drink a gallon(128oz) of water 4/7 days during Week 6. Participants must log water in the App to earn an extra 5 points.

WEEKLY MINI-CHALLENGES TO EARN PRIZES

Every other week of the Challenge will offer a Mini-Challenge where participants can win an Afterburn T-shirt or water bottle!

WEEK 3: HIGHEST STEP TOTAL IN ONE DAY

WEEK 4: HIGHEST TOTAL NUMBER OF WORKOUTS COMPLETED

WEEK 5: HIGHEST WATER TOTAL IN WEEK

GRAND PRIZES

1st Place CASH Prize & 1 FREE ENTRY FEE for the 2026 Challenge!

2nd Place CASH Prizes & 50% OFF ENTRY FEE for the 2026 Challenge!

WHAT YOU GET

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

*WORKSHEETS TO BUILD HEALTHY HABITS & ROUTINE