


# CROSSFIT LAKE WYLIE



## Merry and Motivated December Challenge

Name: \_\_\_\_\_

Watch a Christmas Movie	Tell a coach something you are grateful for	Spend time with friends & family	Take a pic with a coach	Attend 5 classes in December
Go See Christmas lights	Leave a 5-Star review saying why you love us so much	Pay it forward	Share a healthy recipe in our FB group	Attend 10 classes in December
Hit the intended stimulus in a WOD	Get your picture taken with Santa	 CFLKW	Tag us on social media	Attend 15 classes in December
Go to a different class time	Tell a coach your favorite thing about them	Bring a friend to a class	Compliment a fellow member's progress	Attend 20 classes in December
Do 50 synchro burpees with a friend	Wear your fav CFLKW shirt to class	Work out in holiday outfit	Donate to a charity	Give everyone in a class a high five or fist bump after the WOD

Turn in your card after December 25th

Each box completed gets you entered into a drawing for a prize, no minimum number is required, and order does not matter.