BE REGENERATED

1 COR. 10:31

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THE CHALLENGE

MAKE A 30 DAY FITNESS COMMITMENT

Your goal should be challenging but sustainable ie. Lift weights 3x a week, run 5 miles a week

WIN $500 CASH & PRIZES (CLICK HERE)

Join the NeoFit 90 challenge by using a NeoLife whole food solution to build on your 1-month progress and hit your quarterly goal!

JOIN THE PRIVATE COMMUNITY

Post your tracker weekly and share wins!

ENGAGE

Encourage other participants and be real

TRACK YOUR METRICS

Record your measurements below to see your progress

	DAY 1	DAY 17	DAY 33
Weight			
Waist			
Bicep			
Chest			
Body Fat %			

DAILY WINS

NUTRITION

Use Whole Food solutions

CLEAN EATING

Avoided fast food, soda, refined carbs/ sugar, limited alcohol

FITNESS

15+ mins of strength or endurance training

READING & PRAYER

Read or listened to 15+ mins of Bible or Challenge book

WATER

Met water goal (half your bodyweight # in ounces)

SLEEP

Got 6+ hours of sleep

NEOLIFE®