



Round

ONE

**Take a
before
photo**

**Write your
WHY & put it
somewhere
you can see it**

**Complete
a 10 min
mission**

**Hit your
calorie goal
for a day**

**Hit your
hydration
goal for 9
days straight**

**Watch 3
life
lessons**
(In App Notifications)

**Hit 9,999
steps in
one day**

**Keep one
promise
for a day**

**Try a new
workout
program for
a day**