



24 days :
Tue 30 Jan
to **Wed 22**

Registration Cost = \$24.00

Complete the Following Tasks:

- **M**ove: Record 24 hours or more of exercise during the Challenge
- **O**rganise: Attend an appointment with a Pace Trainer for a plan for 2024
- **R**elax: Attend a 3 Yoga, Pilates, OR Stretch Classes during challenge AND/OR Download a relaxation app & do 15mins relaxation a day
- **E**volve: Change a Lifestyle Habit for the better
e.g. Drink more water, limit processed food, cut down on treats, drink less alcohol, get more sleep, do more stretching etc.

PRIZES: (participants must have finished all tasks to be eligible)

- Successful challenge finishers will receive **10 days Membership**
- **PLUS - A Pace Towel + 24 Day Membership** to the top 5 who record the most number of minutes of exercise during the challenge (\$85 value)

REGISTRATION FORM



Name: _____

Mobile: _____

Email: _____