



HABIT 21

CHALLENGE

Starts: Tuesday February 23rd

Finishes: Monday March 15th (21 days)

Register and pay the \$21 fee by Mon Feb 22nd

THE CHALLENGE:

Complete 21 hours of exercise during the 21 days

Can include exercise sessions completed at Pace (witnessed by Pace staff)
& exercise sessions completed outside of Pace (witnessed by Family or Friends)

During the Challenge participants must:

- **Attend 7 or more** Pace Fitness Classes
- **Complete 7 or more** Workout Sessions in the Fitness Centre
- **Lose 2.1% of Body Weight** (or an agreed amount)
- **Change 7 Habits** (Introduce 4 Good Habits & Get rid of 3 Bad Habits)
- **Complete Log Book** with all sessions recorded

PRIZES

Complete the Challenge : Receive 7 days membership!!!

Random Prizes (drawn for All Challenge Finishers):

- 3 x Pace Towel & Water Bottle • 3 x PT Session & Program (with Mau)



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REGISTRATION FORM

Name: _____ (Mobile) _____

Email: _____