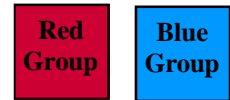




**SUMMER 6 Week Challenge: JUL 1st- To AUGUST 12th, 2010.**  
 Members: \$197  
 Non-Members: \$597  
 CIT Members: \$97  
 PAYPAL: scottpalangi@gmail.com

**Step One:** You will join, attend, and stick to group (circle one)



**Step Two:** Set your goal (Email your Goal weight and actual weight to: scottpalangi@gmail.com)

**TODAY:**  
 \_\_\_/\_\_\_/\_\_\_  
 Actual: \_\_\_\_\_  
 Goal: \_\_\_\_\_  
 Must Lose: \_\_\_\_\_

**Step Three:** Enter Coaching Call Phone # Into Your Planner/Calendar:  
 218-844-3377  
 PIN #: 5425 (spells KICK)

**Step Four:** Schedule all 6 Group Coaching Calls into your Planner/Reminder System and set an alert for 10 mins prior to call so you are "on time".

**Step Five:** Start a food Journal. (get a .79 cent notebook and write the date, time, and what you are eating. (Start this habit prior to Challenge)

**Step Six:** Attend Your Classes and 15 add-ons.

**Step Seven:** Stay in communication with your group coach and report all breakdowns, and breakthroughs. (Coaches will be assigned on Jul 1st; you will be notified via email 2010)

**Step Eight:** You are assigned a graduate coach. You will create a once-per-week time, at the same time, and have a 15minute coaching call.

	SUN	MON	TUE	WED	THU	FRI	SAT
JULY				INTENTION, PROMISES, & OUTCOMES MEETING: 8:45PM SHARP	1 8:30pm 9:30pm +15mins	2 7:30pm 830pm +15mins	3 12:45pm 1:45pm +15mins
JULY	4 Goal Wt: Acutal:	5 7:30pm 830pm +15mins	6 8:30pm 9:30pm +15mins	7 7:30pm 830pm +15mins	8 8:30pm 9:30pm +15mins	9 7:30pm 830pm +15mins	10 12:45pm 1:45pm +15mins
JULY	11 Goal Wt: Acutal:	12 7:30pm 830pm +15mins	13 8:30pm 9:30pm +15mins	14 7:30pm 830pm +15mins	15 8:30pm 9:30pm +15mins	16 7:30pm 830pm +15mins	17 12:45pm 1:45pm +15mins
JULY	18 Goal Wt: Acutal:	19 7:30pm 830pm +15mins	20 8:30pm 9:30pm +15mins	21 7:30pm 830pm +15mins	22 8:30pm 9:30pm +15mins	23 7:30pm 830pm +15mins	24 12:45pm 1:45pm +15mins
JULY	25 Goal Wt: Acutal:	26 7:30pm 830pm +15mins	27 8:30pm 9:30pm +15mins	28 7:30pm 830pm +15mins	29 8:30pm 9:30pm +15mins	30 7:30pm 830pm +15mins	31 12:45pm 1:45pm +15mins
AUG	1 Goal Wt: Acutal:	2 7:30pm 830pm +15mins	3 8:30pm 9:30pm +15mins	4 7:30pm 830pm +15mins	5 8:30pm 9:30pm +15mins	6 7:30pm 830pm +15mins	7 12:45pm 1:45pm +15mins
AUG	8 Goal Wt: Acutal:	9 7:30pm 830pm +15mins	10 8:30pm 9:30pm +15mins	11 7:30pm 830pm +15mins	12 8:30pm 9:30pm +15mins	13th <b>FINISH!</b> Sharing Breakdowns Break-throughs 8:30pm	14th <b>DINNER WITH MASTER PALANGI!</b> 5:00pm

- Your goal is to attend 18, 75 minute sessions in the scope of 6 weeks.
- You attend your kickboxing classes, and stay and train 15 minuets extra to work specific areas.
- You will be "on time" for every session or your forfeit your promised results.
- You will attend all group coaching calls every Sunday at 7pm, and share breakdowns, and breakthroughs publicly.
- You will carry, keep, and record ALL food that goes into your mouth during the Challenge.
- You will not be afforded a "cheat day" to eat like a non-participant. (This alone, will be a huge accomplishment)
- You will pick a weekly "weigh-in day" and NOT EVER miss that class/day.