

WIN THE WEEK

with Empower Squad

HEALTHY MEALS

- Monday -
- Tuesday -
- Wednesday -
- Thursday -
- Friday -
- Saturday -
- Sunday -



WORKOUTS / FITNESS ACTIVITIES

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SHAKEOLOGY

-

POSTS IN CHALLENGE GROUP

-

10+ MINUTES OF READ/AUDIO PD

-

SOCIAL MEDIA POST FOR ACCOUNTABILITY

-

1 PROGRESS PICTURE

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DID YOU WIN THE WEEK?