



iGnite Health & FITmas Challenge

Instructions

Step 1: Print your calendar.

Step 2: Record all iGnite classes and Instagram workouts you complete, writing the class or IG workout name on the calendar.

Step 3: Record your self-care practices, adding them to your calendar.

Step 4: Calculate the total number of points you've accumulate before December 31st.

Step 5: Scan or snap a pic of your calendar and email it to hello@igniteyourlifeflow.com by Fri 1/4.

Rules

Participants with the top three point totals receive \$20 Monarch Money & new iGnite apparel!

To be eligible for a prize, participants must attend a minimum of 8 iGnite classes in December (average 2/week).

Point System

iGnite Classes = 3 pts/class

Instagram Workouts = 2 pts/workout

Self-Care Practices = 1 pt/activity