

Complete activities on this card to earn stamps and move up the Mountain Wall!

# SUMMER SUMMIT CHALLENGE

JUNE 1, 2023 - SEPTEMBER 2, 2023

## DOUBLE STAMPS

### SOCIAL EVENTS

- Tie Dye Progress Shirts at Cunningham Creek Sat. 6/24
- Book Club "Finlay Donovan is Killing It" Tues. 6/27
- Monticello Trail Hike with Caitlin Fri. 7/14 @ 6pm
- Ragged Mountain Hike with Caitlin Sat. 8/12 @ 1pm

### SESSIONS

- Attend 15 sessions between 5/30-9/4
- Attend 3 sessions in a week

### FITNESS CHALLENGES

- Walk/Run 50 mi  
Must show proof
- Go on Ragged Mountain Hike! Must take a picture at the top with a time stamp

### GENERAL

- Complete InBody Scan & write down metrics
- InBody Scan Check-in

### FITNESS CHALLENGE

- Walk/Run 100 mi  
Must show proof

## FIVE STAMPS

### REFERRALS

- Schedule a private workout with us for your friends, family, or coworkers! Ask us for more info!
- Referral purchases a membership plan

### SESSIONS

- Attend 5 sessions in a week
- Attend 30 sessions between 5/30-9/4

## SINGLE STAMPS

### SOCIAL MEDIA

- Tag us on an Instagram story
- Post on your Instagram feed about why you love us!
- Follow The Esthetic Co. on Instagram
- Check in at Jelly Vintage Pop Ups 1<sup>st</sup> Sat. of the month

### GENERAL

- Answer the Welcome Wall question
- Make Health Goal
- Reply to email Newsletter
- Add music to Spotify Playlist
- Complete Myers Briggs Test

### SIGN UPS

- Be the first to register for a session
- Be the first to arrive for a session

### BONUS ACTIVITY

- SunSet Sessions
- Go for a hike! Must take a picture
- Walk/run 25 mi Must show proof
- Workout on Vacation Must take a picture

### REFERRALS

- Bring a Friend to a session
- Friend does 21-day trial
- Bring a friend to a social event
- Leave a review of us on Google
- Complete testimonial questionnaire

### WORKSHOPS

- Core + More with Michelle Little of Women in Motion Sat. 6/17 @ 10:45am
- Health Coaching Talk with Caryn Coaching Fri. 8/4 @ 6pm

### TRAINERS

- Matt Session
- Katie Session
- Ellie Session
- Kala Session

### CLASS TYPES

- Progress
- Target - Team
- Target - Push
- Target - Pull
- Target - Total Body

### TIMES

- 6am
- 8:30am
- 8:45am
- 10am
- 12pm
- 5:15pm
- 6:30pm
- Saturday
- Sunday

# SESSION TRACKER

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# HEALTH GOAL TRACKER

WHAT IS YOUR HEALTH GOAL?

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**#1 CHECK-IN**  
How's it going?

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**#2 CHECK-IN**  
How's it going?

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**#3 CHECK-IN**  
How's it going?

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