



2020 FITMAS CHALLENGE

Keep yourself on track this Christmas, so you don't have to make another weight loss New Years Resolution. Challenge a Friend and see who gets the most points for our Finale Challenge Workout on XMAS EVE. The point of the challenge is not to completely restrict yourself from holiday cheer – NO NO NO, we need some cheer in our lives. We just don't want to end up with butter tart butts that will take all of 2021 to take off!!!!

CHALLENGE INSTRUCTIONS & RULES

1. Every KKXFIT Workout earns you points (you can do more than one a day if you like 😊)
2. For every person you challenge, you get an extra 5pts because you are making someone's life more healthy
3. Comment on the YOUTUBE FITMAS Workout and get another 5pts, a gift from me to you!
4. XMAS Indulgence will cost you, so choose wisely...lol
5. Subscribe and hit the notification button on KXX FITNESS YouTube Channel so you don't miss any FITMAS WORKOUTS.
6. Have fun



POINTS EARNED 😊

15 MIN FITMAS WORKOUT = 15 pt

20 MIN FITMAS WORKOUT = 20 pt

30 MIN FITMAS WORKOUT = 30 pt

45 MIN FITMAS WORKOUT = 45 pt

50 MIN FITMAS WORKOUT = 50 pt

60 MIN FITMAS WORKOUT = 60 pt

Challenge a friend = 5 pt

Additional Exercise (walk, ski etc) = 20 pt

A full day of healthy eating = 20 pt

POINTS LOST 😞

1 XMAS CHOCOLATE/CANDY = (-5pt)

1 Alcoholic Beverage = (-10 pt)

1 Cheat Meal = (-30 pt)

1 TURKEY DINNER = (-60pt)

1 FULL CHEAT DAY (including drinks) = (-120 pts)

Picking at food while you cook = (-30 pts)

One unhealthy snack = (-20 pts)



2020 FITMAS CHALLENGE

NOVEMBER 30, 2020 – DECEMBER 24, 2020

WEEK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Nov 30 – Dec 5							
2 Dec 6 – Dec 12							
3 Dec 13 – Dec 19							
4 Dec 20 – Dec 24							



FITMAS CHALLENGE DECLARATION

I _____, accept the 2020 Fitmas Challenge, and promise to be honest when calculating my daily Fitmas Points.

Signature

Date

FITMAS BUDDY(S) CHALLENGED: _____

WK 1: _____ Points

FINAL POINTS EARNED: _____

WK 2: _____ Points

For every 10 points you earn, you can spend \$10 on yourself as a reward

WK 3: _____ Points

WK 4: _____ Points