

# OCTOBER CHALLENGE



Hi there! Are you ready to log some workouts?

Join us in the BOD APP

## Prize Drawing Days



OCTOBER 2

I will be doing a drawing for a \$10 Amazon Gift Card if we have 10+ log a workout in the app.



OCTOBER 13

#flexFriday. If you log a workout with a flex photo, you'll go into a drawing for an energize packet.



OCTOBER 31

Log 15+ workouts the month of October and go into a drawing for a \$25 Amazon Gift Card.

*Heather Mattson  
Your Bodi Partner*



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