



CHALLENGE

<p>Take the MZ-Fitness Test</p> <p>(Proof: Show Staff MyZone App Data)</p>	<p>Earn 1000 MEPs a week for two weeks in a row.</p> <p>(Proof: Show Staff MyZone App Data)</p>	<p>Recover in the NJ HIIT Ice Barrel for at least 2 minutes</p> <p>(Proof: See NJ HIIT Staff & Mention BINGO Challenge)</p>	<p>Earn 150+ MEPs in one open gym workout at NJ HIIT.</p> <p>(Proof: See a Staff member before the workout)</p>	<p>Earn 3500 MEPs in this challenge.</p> <p>(Proof: Show Staff MyZone App Data)</p>
<p>Earn 400+ MEPs in the Yellow Zone this challenge.</p> <p>(Proof: Show Staff MyZone App Data)</p>	<p>Complete 5+ workouts within one week.</p> <p>(Proof: Show Staff MyZone App Data)</p>	<p>Workout 2 consecutive days on the weekend (Sat & Sun).</p> <p>(Proof: Show Staff MyZone App Data)</p>	<p>Take an NJ HIIT TEAM GRIT class or a GRIT-Con.</p> <p>(Proof: See NJ HIIT Staff & Mention BINGO Challenge after class).</p>	<p>Earn a Zone Match Score of 80%+ on one workout.</p> <p>(Proof: Show Staff MyZone App Data)</p>
<p>Complete 16 one hour-long workouts (GREEN-RED ZONES ONLY)</p> <p>(Proof: Show Staff MyZone App Data)</p>	<p>Take an NJ HIIT Combat Class</p> <p>(Proof: See NJ HIIT Staff & Mention BINGO Challenge after class).</p>	<p>Bring a different friend each week (one a week).</p> <p>(Pre-Register guest & let Coach or Staff know).</p>	<p>Recover in the NJ HIIT Normatec Pump Boots for 10 minutes.</p> <p>(Proof: Schedule BOOTS with Staff for & Mention BINGO Challenge)</p>	<p>Earn 150+ MEPs in ONE group workout</p> <p>(Proof: See NJ HIIT Staff & Mention BINGO Challenge after class).</p>
<p>Complete a 30 minute minimum outdoor run each week.</p> <p>(Proof: Show Staff MyZone App, Picture & Running App Data)</p>	<p>Earn 350+ MEPs in the Red Zone this challenge.</p> <p>(Proof: Show Staff MyZone App Data)</p>	<p>Do four Outdoor workouts during the challenge (Green, Yellow, Red Zones).</p> <p>(Proof: Show Staff MyZone App Data & Picture.)</p>	<p>Burn 5000+ Calories in this challenge.</p> <p>(Proof: Show Staff MyZone App Data)</p>	<p>Burn a minimum of 500 calories in 5 separate workouts.</p> <p>(Proof: Show Staff MyZone App Data)</p>
<p>Complete two 5k minimum runs or walk with another MyZone Challenger.</p> <p>(Proof: Show Staff MyZone App, Picture & Running App Data)</p>	<p>Complete TWO Zone Match classes on the MyZone App.</p> <p>(Proof: Show Staff MyZone App Data)</p>	<p>Take an NJ HIIT indoor cycle class.</p> <p>(Proof: See NJ HIIT Staff & Mention BINGO Challenge after class).</p>	<p>Complete a 500 calorie Echo Bike workout in one sitting.</p> <p>(Proof: See NJ HIIT Staff & Mention BINGO Challenge before beginning & after completion).</p>	<p>Get an InBody Assessment 1st and Last week of Challenge.</p> <p>(Proof: Schedule INBODY with Staff for & Mention BINGO Challenge)</p>

Member Name: _____

MyZone User Name: _____