



iGnite the Holidays
Health & FITmas
Challenge



How it works:

Step 1 - Print your calendar.

Step 2 - Record all iGnite classes you attend, writing the class names on the calendar.

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

Step 4 - On or before Dec 31, calculate the total number of points you've accumulated.

Step 5 - Scan or snap a pic of your calendar and email it to hello@igniteyourlifefor.com by Fri Jan 5.

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

Self-Care Practices = 1 pt/activity

Feeling Great Through the Holidays = Priceless