

HOLIDAY SURVIVAL CHALLENGE

PREP WEEK | NOV. 22 - 28

MAKE YOUR FAVORITE HOLIDAY TREAT & DECORATE.

Pick one from the [Holiday Survival Guide & Recipe Book](#)

Pssst... there are over 30 healthier versions of your faves in there!

PLAN & BUDGET YOUR HOLIDAY GIFTS

Print your Holiday Shopping List

This is in your [Holiday Survival Guide + Recipe Book](#)

FOCUS ON GRATITUDE DAILY

Print your gratitude attitude worksheet & fill it out on Thursday

This is in your [Holiday Survival Guide + Recipe Book](#)

PICK A DAY TO BUILD OUT YOUR WEEK 1 ROUTINE

I'll be doing this on Sunday the 28th

Schedule 30 minutes into every day for your workouts

POST YOUR "I'M IN" ON INSTAGRAM

This will be your entry for this week's **GIVEAWAY**

Tag me @ lovesweatfitness
#TeamLSF #lsfholidaysurvival

Search the hashtags #TeamLSF on IG and say hi to someone new

DOWNLOAD LSF THE APP FOR ONLY \$1

Get **premium** access for 30 days

Your #lsfholidaysurvival workouts & bonus moves will be in the app on Nov. 29th