

**JULY 2020**

# **MID-YEAR RECOMMIT CHALLENGE**



# WELCOME TO THE GRIT FITNESS MID-YEAR RECOMMIT CHALLENGE

JULY 5-26, 2020

## STEP ONE

### DOWNLOAD GUIDE



Congrats! You've already completed the first step of the challenge. You'll use this guide throughout the coming weeks to track your progress.

## STEP TWO

### ATTEND WORKSHOP



We're kicking things off with a virtual goal-setting workshop with GRIT's own Brit Rettig Wold. Join us on Sunday, July 5 at 7PM on the GRITFAM Facebook Page or catch it on replay.

## STEP THREE

### PERSONAL GOAL



Using the tools you've learned in the workshop, write out your personal goal on page 3.

## STEP FOUR

### 21 AFFIRMATIONS & CLASSES



Now it's time to make it happen! Write down 1 positive affirmation each day on page 4 and attend 21 virtual or in-studio classes, tracking your progress on page 5.



## **MY PERSONAL GOAL**

A large, empty white rectangular area with a pink border, intended for writing a personal goal.

### **REMINDER FROM BRIT:**

**Where attention goes, energy flows!**

# DAILY AFFIRMATIONS

MONDAY | 07.06

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TUESDAY | 07.07

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WEDNESDAY | 07.08

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THURSDAY | 07.09

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FRIDAY | 07.09

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SATURDAY | 07.11

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SUNDAY | 07.12

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MONDAY | 07.13

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TUESDAY | 07.14

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WEDNESDAY | 07.15

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THURSDAY | 07.16

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FRIDAY | 07.17

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SATURDAY | 07.18

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SUNDAY | 07.19

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MONDAY | 07.20

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TUESDAY | 07.21

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WEDNESDAY | 07.22

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THURSDAY | 07.23

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FRIDAY | 07.24

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SATURDAY | 07.25

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SUNDAY | 07.26

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**REMINDER  
FROM BRIT:**

Affirmations are present  
tense. Speak what you  
desire as if you already  
have it today!

# CLASS TRACKER

1	DATE:	CLASS:	INSTRUCTOR:
2	DATE:	CLASS:	INSTRUCTOR:
3	DATE:	CLASS:	INSTRUCTOR:
4	DATE:	CLASS:	INSTRUCTOR:
5	DATE:	CLASS:	INSTRUCTOR:
6	DATE:	CLASS:	INSTRUCTOR:
7	DATE:	CLASS:	INSTRUCTOR:
8	DATE:	CLASS:	INSTRUCTOR:
9	DATE:	CLASS:	INSTRUCTOR:
10	DATE:	CLASS:	INSTRUCTOR:
11	DATE:	CLASS:	INSTRUCTOR:
12	DATE:	CLASS:	INSTRUCTOR:
13	DATE:	CLASS:	INSTRUCTOR:
14	DATE:	CLASS:	INSTRUCTOR:
15	DATE:	CLASS:	INSTRUCTOR:
16	DATE:	CLASS:	INSTRUCTOR:
17	DATE:	CLASS:	INSTRUCTOR:
18	DATE:	CLASS:	INSTRUCTOR:
19	DATE:	CLASS:	INSTRUCTOR:
20	DATE:	CLASS:	INSTRUCTOR:
21	DATE:	CLASS:	INSTRUCTOR: