

# *Ignition* - DAY 1

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## LIST 20 IDEAS FOR YOUR PHYSICAL CHALLENGE.

- |     |     |
|-----|-----|
| 1:  | 11: |
| 2:  | 12: |
| 3:  | 13: |
| 4:  | 14: |
| 5:  | 15: |
| 6:  | 16: |
| 7:  | 17: |
| 8:  | 18: |
| 9:  | 19: |
| 10: | 20: |
- 

## SELECT YOUR TOP 3 & WHY YOU CHOOSE THEM.

1:

WHY

2:

WHY

3:

WHY

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**THE CHALLENGE YOU'RE COMMITTING TO THIS WEEK IS.....**

SHARE YOUR COMMITMENT IN THE GROUP RIGHT NOW!