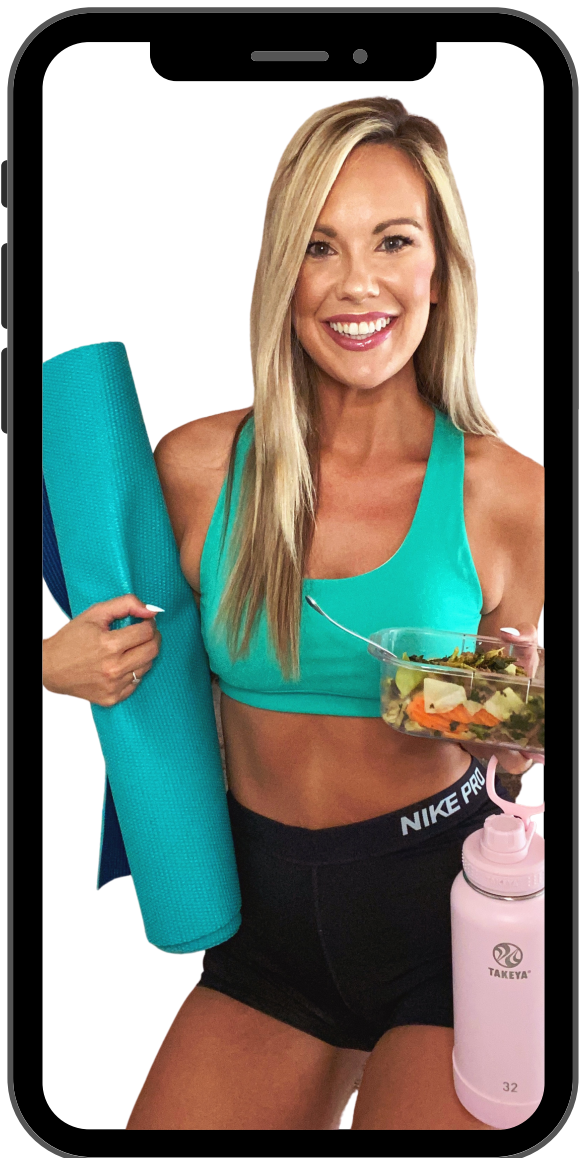


BALANCE MONTHLY'S

Fit For Fall CHALLENGE

Ready to turn it up a notch, go hard on your goals, & see some serious results? The time is NOW! 5 weeks of workouts, meal plans, bonus lives, & accountability that will help you get FIT for Fall! Oh, & a *HUGE* grand prize!

Exclusive to members of Balance Monthly Membership!



START DATE

AUGUST 30TH

END DATE

OCTOBER 4TH

LEARN MORE

[HILARYBALANCEDLIFESTYLE.COM](https://www.hilarybalancedlifestyle.com)

BE SURE TO

SIGN-UP ASAP!

BALANCE
by Hilary

FIT FOR FALL CHALLENGE

The Fit for Fall Challenge is a five week challenge exclusive to members in the balance monthly membership. This challenge is meant to motivate you to take action and push yourself in your nutrition, workouts, and goal setting to see serious weight loss and body composition results! Here's what you get:

- Customized macros
- The Challenge Workbook with detailed instruction, calendar dates for events, printable pages to plan & set goals, & more
- Access to the membership section in the Balance by Hilary app
- 5 weeks of workouts that include strength and cardio + a printable workbook for tracking workouts, measurements, & more
- 5 weeks of meal plans with recipes and grocery lists + suggestions for how to tailor them to your preferences & macros
- Live workouts and webinars on specific topics to help you stay motivated and on track
- Accountability posts in the BBH app to help you stay engaged & moving forward!
- Chance to win grand prize - one month of 1:1 coaching with Hilary (\$600 value) + \$100 Lululemon giftcard + \$50 Target giftcard

BALANCE MONTHLY

WHO IS THE FIT FOR FALL CHALLENGE FOR?

The FFF Challenge is exclusive to members of Balance Monthly Membership. Anyone can join membership & you can cancel at any time! Here's who this Challenge IS FOR:



Women of all ages, locations, walks of life!



Women who are able to work out (home & gym options) & push themselves to see results



Women who are okay to follow a meal plan OR create their own meal plan



Women who want to challenge themselves outside of their comfort zone to make serious changes



Women who are serious and ready to commit to their goals!

WHO IS THE FIT FOR FALL CHALLENGE NOT FOR?



Women who have previously had or currently have an eating disorder



Women with medical conditions prohibiting them from diet and exercise



Women with extreme dietary restrictions, allergies, etc OR vegan/vegetarian women who plan to use the meal plans (the meal plans contain animal & animal products)



Women who are not able to exercise at this time (this is fitness challenge and exercise is a large part)



Women who are not in a place to commit to weight loss (this is a results-based challenge that heavily focuses on reaching body composition goals!)



Women looking for a quick-fix (we do not believe in low calories, eliminating foods, or any other extreme behaviors around health)



IMPORTANT NOTE! This challenge does not teach you how to count macros. While having experience with macros is helpful for Balance Monthly Members, it is not required. However, if you are wanting to learn how to count macros, join a round of the 21-Day Macro Challenge first and then join us in Balance Monthly after!