
MO FIT
WELLNESS & FITNESS
Move Fuel Challenge Thrive
HOLIDAY HUSTLE
FITNESS • NUTRITION • ACCOUNTABILITY
Challenge
$25 ENTRY FEE
NOVEMBER 27 – DECEMBER 21
25 DAYS TO A HEALTHIER, STRONGER YOU!
CHALLENGE CATEGORIES
WORKOUT
NUTRITION
WATER
STEPS (10,000+ per day)
SUPPORTIVE COMMUNITY
AND MORE!
JOIN THE FUN!
Stay active, make healthy choices, track your progress, and keep yourself accountable through the holiday season!
PRIZES • MOTIVATION
SUPPORT • A HEALTHIER YOU!
SCAN TO PAY
venmo
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Questions?
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