FASTER WAY
TO FAT LOSS®

Healthy Holidays GIVEAWAY

We'll be celebrating the most festive month of the year by:

- ✓ Boosting energy
- ✓ Improving mood
- ✓ Increasing health
- ✓ Managing stress
- ✓ Improving fitness

All with simple and quick action items that won't put a dent in your holiday to-do list!

Best of all? We're rewarding your daily efforts with our most over-the-top prizes EVER!*

Complete the action item each day, follow us and tag us @fasterwaytofatloss on Instagram or Facebook, and use the hashtag #fasterwaygiveaway to be eligible to win!

Ready to take your results to the next level? Set your transformation in motion with our proven program. Learn more and get started here.

BONUS 12/18: Invite a friend to do this challenge with you! Share this link!

FASTER WAY TO FAT LOSS®

DECEMBER 2022

Healthy Holidays GIVEAWAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BONUS **18** Invite a friend to do this challenge with you! Share this link!	**19** Complete 50 Squats ☐ DAY 1	**20** Drink half your bodyweight in ounces of water ☐ DAY 2	**21** Perform 30 Sit Ups with a partner ☐ DAY 3	**22** Complete 40 Push Ups (on your knees or in plank) ☐ DAY 4	**23** Walk for 20 min with a loved one (and reflect on 3 wins from 2022!) ☐ DAY 5	**24** Workout Remix** ☐ DAY 6
25 Enjoy your favorite holiday treat ☐ DAY 7	**26** Post about your commitment to the FASTer Way in 2023 ☐ DAY 8	**27** Perform 30 Skaters ☐ DAY 9	**28** Whip up a tasty overnight oats recipe ☐ DAY 10	**29** Tag us with a favorite fasting-friendly beverage (water, black coffee, or tea!) ☐ DAY 11	**30** Perform 20 Burpees or Squats with Pulse ☐ DAY 12	**31** Share your 2023 health resolution on video, tag us! ☐ DAY 13
NEW YEAR **1** Take starting measurements and share your "before" photo with us on social! ☐ DAY 14						

***TERMS AND CONDITIONS APPLY:**

- Must be over 18 and live in the continental US.
- Bills up to $550 with receipt provided for reimbursement.
- FASTer Way will select the Disney Cruise, winner must be available for said date.
- Travel to port for cruise not included.
- Must be an active client or member as defined by the FASTer Way at the time of travel dates to be eligible for trip to HQ and Disney Cruise.

****DAY 6: Workout REMIX Instructions**

1. Check out the workout reel we post on Instagram that morning at 8 a.m. ET.
2. Use the REMIX feature to show yourself doing the workout side-by-side with us!
3. Post the video, and tag us at #fasterwaygiveaway when you're done.