

FIND TIME FOR PILATES EVERYDAY CHECKLIST

5 DAY CHALLENGE
TICK WHEN DONE



BEFORE THE CHALLENGE

- Watch the welcome video
- Invite a friend to join you
- Join the Facebook Challenge group
- Add email to contact list



DURING THE CHALLENGE

- Do Bitesize Pilates Workout
- Post in group/email when done
- Watch and join in Bitesize Lives
- Support and encourage others

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AFTER CHALLENGE

- Watch congratulations video
- Join FREE stretch session
- Catch up on workouts or do again
- Look out for your FREE gift



Before the challenge I felt _____
now I feel _____