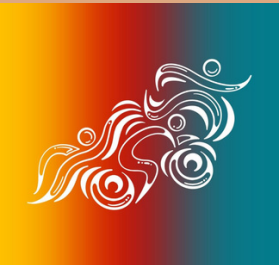


# TRI FITNESS COACHING

## PASSPORT TO 2025

Check off all of the boxes by 12/30/24 for a fabulous prize AND a chance to Win the GRAND PRIZE valued at over \$400!

Spin/Cycle Class	Mobility Class	RIP Class	Swim Clinic or Swim Lesson	Performance Run Class
10 miles of running !!	Complete a free Goal Session with one of our coaches	40 miles of biking outside of class!!	Social media post about fitness journey!!	15 Burpees !!
60oz water/day for a week !!	1 Hr Outdoor activity ea. day for 1 week !!		Cold plunge/shower for 1 min !!	Volunteer someplace for 1 hour !!
Sign up for a race (extra extra if it's a Rocket Racing race!!)	Try a new healthy recipe !!	RIP Class	Spin/Cycle Class	Read 20 pages of a self-improvement book !!

!!Indicates you must make a social media post about this activity and TAG TriFitness Coaching!