

BOOM SHOCK

F I T N E S S

Hey there!!! I am Stephanie “Boom Shock” Jones, your fitness coach for the Drop 10 Challenge™. This challenge will work if, and only if, YOU WORK IT!!! You have to really want to see changes and commit yourself to the process. Once you start, stay connected and see yourself completing the challenge.

The purpose of the Drop 10 Challenge™:

This challenge is designed to help you start the process of eating healthier and applying physical activity more consistently. Consuming more calories than you burn puts on weight. In order to shed pounds, you will need to burn more calories than you eat. This challenge will help you make that change.

Why 10 pounds:

10 pounds is attainable. It’s noticeable and makes a difference in how your clothes fit. 10 pounds also takes pressure off of your knees. Most of all, 10 pounds can make amazing improvements in your overall health.

Overall goal:

Boom Shock Fitness™ is helping the community shed 1000 pounds in 2015!! There are so many people who have the desire to lose weight but have no idea where to start. I created the Drop 10 Challenge™ as a mini-milestone to help. Every pound lost during the challenge will be added to the overall goal. So we are actually helping one another make a difference in 2015.

Challenge Dates:

The challenge will take place on May 4th – May 13th. You will weigh in on Day 1 and Day 10 ONLY...put the scale in the trunk of your car if you think you will be tempted to weigh yourself everyday.

RULES:

This is an ALL NATURAL challenge. So no diet pills, fat burners, body wraps, weight loss shots, weight loss tea, or weight loss shakes (BodyByVi, Shakeology, Herbalife, Arbonne, etc) are allowed. You will strictly focus on eating clean and working out consistently. THAT IS IT!! No quick fixes allowed on this journey. Besides, you want this experience to be something that you can keep up with, even after the challenge ends. So we are taking it back to the BASICS.

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Requirements to WIN:

In addition to being the person to shed the most pounds in the 10 days, you will also have to complete these few tasks in order to win.

- A before and after picture showing your weight on the scale
- A before and after picture of you (Front and Side view)
- A picture of your food prep for the week
- A testimony of how the challenge helped to improve your overall health

For my Social Media lovers:

I would love to see your progress. If you have not liked or followed any of my social media pages, please do so. That is a place where you can shine and encourage others to work on achieving better health. Good health should never be a secret and I am a firm believer of influencing others by my own actions.....and you can as well. Whether you know it or not, people are inspired by you in one way or another. How rewarding would it be to inspire someone through healthier eating, living, and exercise?

When posting any pictures or Drop 10 Challenge related posts on any social media sites, please add #boomshock #Drop10challenge #boomshockfitness and please tag me so that I can continue to encourage and support you daily....
IG - @boomshock / FB - Boom Shock Fitness / Twitter - @boomshockN