

ATHLETE CELEBRATION JOURNEY



DAY 1

Where the journey begins. Your mission is to build a habit of consistency and attend class as regularly as possible! Don't forget to track your workouts in Wodify!

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GOAL REVIEW EVERY 4 MONTHS

From this point forward, you will meet with our CSM in January, May and September for your athlete check-in. We review progress toward your goals and set new ones.

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DECAL DAY

1st Saturday after the 15th, we celebrate PRs, 1sts, RX and Committed Club with decals for achievement boards.



100 CLASSES

Congratulations! Consistency is so important! Please sign the white H and have a coach snap a pic. We'll celebrate with a social media shout out!



500 CLASSES

Your commitment to fitness is admirable. We'll gift you a custom water bottle, have you sign the gray H, and celebrate you on social too!

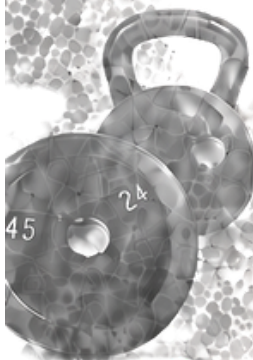
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1000 CLASSES

Absolutely amazing! You'll receive a custom 1000 patch, your own personal GoRuck backpack, and a professional athletic photoshoot.



HUNDRED
FITNESS

