


<b>F</b>	<b>G</b>	<b>F</b>
<b>A</b>	<b>I</b>	<b>I</b>
<b>R</b>	<b>R</b>	<b>T</b>
<b>M</b>	<b>L</b>	

**F = Fresh Air** = 30-minutes of intentional activity outside at least 1/week during December.

**A = Agua** = Drink at least 80oz of water for 5 consecutive days.

**R = Restore** = Attend 1 Yoga class in December.

**M = Mobility** = Attend 1 Kinstretch class in December.

**G = The Grind** = Attend at least 10 The Grind classes in December.

**I = Intention** = Set a New Year intention (take a pic in front of the fringe wall, post and tag us @farmgirlfit #NewYearStartsNOW).

**R = Release the Screen** = One full day without any screentime (phone, computer, TV, etc).

**L = Local** = Shop or Spend; as you're holiday shopping or just out-and-about. Post a pic, tag the local biz and @farmgirlfit #FGFShopsLocal

**F = Full Night Sleep\*** = For 3 consecutive days, use a nighttime routine that allows you to get at least 7 hours of sleep per night.

**I = Include** = Bring a non-member friend (or family) for a class at FGF.

**T = Tree of Giving** = Contribute at least \$5 towards our Tree of Giving.

**🔥 = Your Choice** = What do you need to add or remove to enhance your overall wellness and enjoyment of the season?