



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 entire challenge. I’m confident that you can make it through the 10 days.

### ***The purpose of the Drop 10 Challenge™:***

This challenge is designed to help you jump start the process of eating healthier and applying physical activity more consistently. Boom Shock Fitness™ has helped the community shed over 2000 pounds with the Drop 10 Challenge since 2015!! There are so many people who have the desire to lose weight but have no idea where to start. The Drop 10 Challenge™ was created as a mini-milestone to help. 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 with the accountability of the other challengers. This is a group challenge. You can feel free to do the challenge on your own, however the greatest testimonies have been from challengers who have engaged in the group.

### ***What the Drop 10 Challenge™ is NOT:***

The challenge is NOT a quick fix method. It was not designed to force you to starve yourself and workout like crazy just to see results. You will not be able to maintain that way of living over a period of time. This is also not a personal training program, however personal training is an option with Boom Shock Fitness if you feel that is a better fit for you.

### ***Why the number 10:***

10 is ATTAINABLE....both in days and in pounds.

**10 Pounds** - it’s noticeable; makes a difference in how your clothes fit; takes excess pressure off of your knees; can make amazing improvements in your overall health.

**10 Days** - simply put, it doesn’t feel like an eternity

### ***Challenge Dates:***

The challenge will take place twice per month....beginning on a Monday and ending on the following Wednesday. 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.

***“Working out is the easy part, eating properly based on your goal is the challenge” -  
Stephanie “Boom Shock” Jones***

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### **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. We are taking it back to the BASICS.

### **What you will receive:**

- Clean eating guidelines
- Recipe book of over 20 clean eating options
- 24/7 access to a “LIVE” accountability group of challengers
- 10 day Ab/core workout
- Your investment is only \$24.99

### **Requirements to WIN:**

In addition to being the person to shed the most pounds in the 10 days, you MUST complete each of these tasks in order to win. NO EXCEPTIONS OR REMINDERS.

- A before and after picture showing your weight on the scale
- A before and after picture of you (Front and Side view)
- At least (2) pictures of your food prep for the week
- A before and after picture of your waistline using a measuring tape (will be used just in case there is a tie for the winning spot)
- A written or video testimony of how the challenge has helped to improve your overall health
- All requirements must be in by 12pm, EST on DAY 11...the first day after the challenge ends.
- **WINNER GETS \$100!!!!**

### **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. 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?

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# **BOOM** **SHOCK** **F I T N E S S**

*When posting any pictures or Drop 10 Challenge related posts on any social media outlets, 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*

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