

BOOM SHOCK

FITNESS & WELLNESS



Hey there!!! I am Stephanie “Boom Shock” Jones, your coach for the Drop 10 Challenge™. This 10 day challenge will work if *and only if* YOU WORK IT!!! In order to see positive changes, you have to stay committed and trust the process.

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 & Wellness™ 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 & Wellness if you feel that is a better fit for you.

Why the number 10:

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

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

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F I T N E S S & W E L L N E S S

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

Guidelines:

This is an ALL NATURAL challenge. So you are encouraged to not rely on diet pills, fat burners, body wraps, or weight loss shots. The focus is on eating clean and working out consistently. THAT IS IT!! No quick fixes. We are tapping into improving lifestyle habits. Besides, don't 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 blueprint
- 24/7 access to the FB accountability group of challengers
- "LIVE" Zoom calls throughout the challenge to help you stay motivated
- 10 day workout plan to help keep you active
- Your investment is only \$29.99

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 remember to do so. That is a place where you can shine and encourage others to work on achieving better health as well. Whether you know it or not, people are inspired by you. How rewarding would it be to inspire someone through healthier eating, living, and exercise? [Click here for your "I've accepted the challenge" template.](#) Simply add your picture and post it.

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

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