

WEEK  
TOTAL:

LIV's FITober Challenge begins Sunday, November 1st, and ends Tuesday, November 30th.

## A WINNER EVERY WEEK

- Track the minutes you work out each day. A good daily goal is 30-60 minutes of work-out per day or 150 minutes a week.
- At the end of each workout, record the amount of minutes in that day's leaf.
- At the end of each week, total that week's minutes.
- Submit a snapshot of your calendar and post it to the comments section of the pinned post on LIV's Facebook group page by the Sunday following that week at 11:59pm : [www.facebook.com/groups/livglobal](http://www.facebook.com/groups/livglobal).

Each Monday, a winner will be randomly selected to win that week's prize! Each week's prize will be included in the pinned post, so check back every week!

## GRAND PRIZE WINNERS

At the end of the month, the top 3 individuals with the highest workout minutes will win:

- 1<sup>ST</sup> PLACE** Kit of choice plus the new MaxEnerG! UP TO \$389 RETAIL VALUE
- 2<sup>ND</sup> PLACE** GO NitriMax and MaxEnerG \$182 RETAIL VALUE
- 3<sup>RD</sup> PLACE** MaxEnerG! \$82 RETAIL VALUE

## BONUS PHOTO CONTEST

- Take a picture of yourself working out either with your LIV swag on or using one of our products pre- or post-workout.
- Post your picture to your Facebook wall or Instagram. Use the hashtag **#livFITvember**
- Each Monday, a individual will be randomly selected through this hashtag to win our NEW LIV Green waterbottle!