

# **CROSSFIT CLOSER**

## **MIND | BODY | SPIRIT** **60-DAY CHALLENGE**

At CrossFit Closer we aim to grow, not just in the physical fitness sense, but as people. We aim for constant personal improvement on the journey of life. To be #closerstrong is to be dedicated to becoming the best version of yourself. We believe that by working on our weaknesses (opportunity areas), we can find the most improvement. This 60-day challenge is designed to help build positive habits in the areas of our lives that we would like to be more #closerstrong.

### **STEPS**

1) Choose an area of your #closerstrong that you want to work on (Mind / Body / Spirit). We will create a new habit using the 60-day calendar.

2) Do the habit daily and mark an "x" on the calendar

3) Use #closerstrong60 on social media with pictures and videos of yourself doing your habit. Hashtags will be entered in a draw for a prize basket.

\*Draw on Friday, July 5th, 2019  
at 8:00pm.



# **#CLOSERSTRONG60**



**MIND | BODY | SPIRIT**  
**60-DAY CHALLENGE CALENDAR**


***#CLOSERSTRONG60***