

**BLC36 Celebration  
Weekend Challenge  
March 30 - April 2**



As we end BLC 36, it's time to acknowledge that we are a work in progress and celebrate successes - scale & non-scale - from the past twelve weeks, as we also continue to practice healthy habits.

Each day, choose one item from each section (25 points each. 100 maximum points per day..) You may repeat items or try a different one each day. It's your choice!

**Celebrate with Healthy Food**

1. Freggies – Eat 6 servings of freggies in one day.
2. Track every BLT (Bite, Lick & Taste) for one day.
3. Make a new healthy recipe and share it in chat.
4. Try a food or recipe that you have never eaten before.

**Celebrate with Fitness**

1. 20 minutes of aerobic exercise.
2. 15 minutes of ST exercises.
3. Try a new exercise class, routine, or video
4. Take a walk or run outside -- enjoy nature.

**Celebrate with Fun**

1. Enjoy a beauty/spa experience at home or at a salon
2. Do something fun with a family member or friend
3. Go somewhere fun.
4. Do something special.

**Celebrate with Friends**

1. Share a scale or non-scale victory from BLC 36
2. Read and comment on a team member's blog
3. Post a QOTD, GOYBAD, or quiz in the team chat.
4. Celebrate a team members success by giving a goodie.

Friday (25 x \_\_\_) + Saturday (25 x \_\_\_) + Sunday (25 x \_\_\_) + Monday (25 x \_\_\_) = \_\_\_/400  
100 point **BONUS** if you scored max points all four days! 500 max points for WEC!