Praise God and Train Competition Rules

3/25/18--4/8/18

1. Find a partner
2. No fast food
3. No fried foods
4. No “junk” foods
5. No adult beverages i.e alcohol,beer,wine,etc. Or smoking
6. Read assigned text and apply
7. Complete physical challenges
8. Eat “clean” and plan your meals
9. Drink half your body weight in oz
   a. Ex. if you weigh 200lbs you drink 100oz of water/day
10. Have fun,learn lots, post progress using hashtag #MADorNAH #PGT

(2) CHEAT DAYS ARE GIVEN FOR ENTIRE CHALLENGE SO CHOOSE WISELY!!!