

WAVE 3 TRANSFORMATION CHALLENGE

2023

2024

CYCLE	COACH REGISTRAION WINDOW		15 DAY CHALLENGE REGISTRATION WINDOW		15 DAY CHALLENGE		SUBMIT TESTIMONIALS WINDOW		WINNERS ANNOUNCED
	START TIME 12:00 AM EST	END TIME 11:59 PM EST	START TIME 12:00 AM EST	END TIME 11:59 PM EST	START TIME 12:00 AM EST	END TIME 11:59 PM EST	START TIME 12:00 AM EST	END TIME 11:59 PM EST	START TIME 8:30 PM EST
	START DATE	END DATE	START DATE	END DATE	START DATE	END DATE	START DATE	END DATE	DATE
1	Oct 23	Oct 29	Oct 23	Oct 30	Oct 30	Nov 13	Nov 13	Nov 16	Nov 17
2	Nov 6	Nov 19	Nov 6	Nov 20	Nov 20	Dec 4	Dec 4	Dec 7	Dec 8
3	Nov 27	Dec 10	Nov 27	Dec 11	Dec 11	Dec 25	Dec 25	Dec 28	Dec 29
4	Dec 18	Dec 31	Dec 18	Jan 1	Jan 1	Jan 15	Jan 15	Jan 18	Jan 19
5	Jan 8	Jan 21	Jan 8	Jan 22	Jan 22	Feb 5	Feb 5	Feb 8	Feb 9
6	Jan 29	Feb 11	Jan 29	Feb 12	Feb 12	Feb 26	Feb 26	Feb 29	Mar 1
7	Feb 19	Mar 3	Feb 19	Mar 4	Mar 4	Mar 18	Mar 18	Mar 21	Mar 22
8	Mar 11	Mar 24	Mar 11	Mar 25	Mar 25	Apr 8	Apr 8	Apr 11	Apr 12
9	Apr 1	Apr 14	Apr 1	Apr 15	Apr 15	Apr 29	Apr 29	May 2	May 3
10	Apr 22	May 5	Apr 22	May 6	May 6	May 20	May 20	May 23	May 24
11	May 13	May 26	May 13	May 27	May 27	Jun 10	Jun 10	Jun 13	Jun 14
12	Jun 3	Jun 16	Jun 3	Jun 17	Jun 17	Jul 1	Jul 1	Jul 4	Jul 5
13	Jun 24	Jul 7	Jun 24	Jul 8	Jul 8	Jul 22	Jul 22	Jul 25	Jul 26
14	Jul 15	Jul 28	Jul 15	Jul 29	Jul 29	Aug 12	Aug 12	Aug 15	Aug 16
15	Aug 5	Aug 18	Aug 5	Aug 19	Aug 19	Sep 2	Sep 2	Sep 5	Sep 6
16	Aug 26	Sep 8	Aug 26	Sep 9	Sep 9	Sep 23	Sep 23	Sep 26	Sep 27
17	Sep 16	Sep 29	Sep 16	Sep 30	Sep 30	Oct 14	Oct 14	Oct 17	Oct 18
18	Oct 7	Oct 20	Oct 7	Oct 21	Oct 21	Nov 4	Nov 4	Nov 7	Nov 8
19	Oct 28	Nov 10	Oct 28	Nov 11	Nov 11	Nov 25	Nov 25	Nov 28	Nov 29
20	Nov 18	Dec 1	Nov 18	Dec 2	Dec 2	Dec 16	Dec 16	Dec 19	Dec 20
21	Dec 9	Dec 22	Dec 9	Dec 23	Dec 23	Jan 6	Jan 6	Jan 9	Jan 10

WINNERS ARE ANNOUNCED ON GIRLHOLDMYHAND [INSTAGRAM LIVE](#).