

CHECKLIST CHALLENGE

- INDIVIDUALLY COMPLETE THE CHECKLIST AS MANY TIMES THROUGH AS POSSIBLE.
- **YOU MUST COMPLETE ALL ITEMS ON THE CHECKLIST BEFORE YOU CAN EARN EXTRA CHECKS ON ANY ITEM.**
 - **ONCE YOU HAVE COMPLETED THE ENTIRE CHECKLIST, YOU CAN THEN PICK AND CHOOSE ANY ITEM TO EARN EXTRA CHECKS ON.**

CHECKLIST OF EXERCISES & HEALTHY HABITS	EXTRA
• 10 PUSH UPS, MODIFIED PUSH UPS OR PLANK SHOULDER TAPS	□□□□□□□□□□
• 15 MINUTE WALK, JOG, RUN OR BIKE	□□□□□□□□□□
• 1 DAY WITHOUT SUGAR (Added to coffee, sugary drinks, candy, etc..)	□□□□□□□□□□
• 10 MINUTES OF MEDITATION	□□□□□□□□□□
• EAT 2 PIECES OF FRUIT IN A DAY	□□□□□□□□□□
• 100 REPS OF CORE EXERCISES (Over however many days it takes)	□□□□□□□□□□
• 3 SETS OF 10 REPS SQUATS OR LUNGES	□□□□□□□□□□
• ½ YOUR BODY WEIGHT IN OZ OF HIGH QUALITY H2O	□□□□□□□□□□
• GET 8 HOURS OF SLEEP IN ONE NIGHT	□□□□□□□□□□
• CHOOSE YOUR OWN PASSION / CHALLENGE YOURSELF	□□□□□□□□□□