

Week One

Getting back in the swing

- Drink 80+ oz of water at least 3 days

- 7 miles of walking/jogging/biking. *Over the course of the week, broken down however you choose. Must be completed outside work.

- ZERO added Sugar at least 4 days. *Watch for sugar substitutes like sucralose. Read nutrition labels, you will be shocked the places you find added sugar.

- Complete 3 strength sessions of 15 minutes or more.

- Spend 30+ minutes doing something for yourself *read, nap, sauna, spa, anything to treat yourself

Not sure what some of these goals are? This is a great time to look them up and LEARN!

Cardio is “any type of exercise that gets your heart rate up and keeps it up over a period of time”.

Strength (resistance) exercise is “making muscles work against a weight or force”.

Week Two

The week of hundreds

- Drink 80+ oz of water at least 4 days

- Check in on a friend or family member * call, text, email, snap, etc.

- Practice mindful eating at least 3 meals *Clueless? Google mindful eating and give it a go.

- 100 Jumping Jacks

- 100 Push ups

- 100 squats

- 100 high knees

- 100 standing torso twists

- 100 bicep curls

- 100 skater hops

100s can be broken down over the course of the week. Use the impact level and weight that works best for you! Remember, this is a CHALLENGE! If the move requires both a left and a right movement (low impact jacks, high knees, skater hops) completing both sides = 1.