



# Get Yourself Off the Shelf

POW - 49 Day Advanced Holiday Wellness Challenge



<b>Processed food FREE day</b> Date: _____	<b>Eat a protein with every meal</b> Date: _____	<b>Drink 64 ounces of water</b> Date: _____	<b>Eat at least 5 cups of fruits/vegetables</b> Date: _____	<b>Exercise for at least 45 minutes</b> Date: _____	<b>Strength train for at least 30 minutes</b> Date: _____	<b>Choose 2 healthy fats for snacks (avocado, nuts, etc)</b> Date: _____
<b>Do a holiday race (3k, 5k, etc)</b> Date: _____	<b>Take at least three 10 minute walking breaks</b> Date: _____	<b>Moderate to vigorous exercise for at least 30 minutes</b> Date: _____	<b>Find a healthy recipe and make it for dinner</b> Date: _____	<b>Fun activity with family/friends</b> Date: _____	<b>Give up a food vice (soda, candy, coffee)</b> Date: _____	<b>Give up TV or the internet</b> Date: _____
<b>For one day, journal everything you eat/drink, calculate caloric intake</b> Date: _____	<b>Attend a GYM 60 exercise class</b> Date: _____	<b>Processed food FREE day</b> Date: _____	<b>Eat a complete breakfast w/ a protein and healthy carb</b> Date: _____	<b>Choose 2 healthy fats for snacks (avocado, nuts, etc)</b> Date: _____	<b>Eat 5-6 small meals a day</b> Date: _____	<b>Strength train for at least 30 minutes</b> Date: _____
<b>Exercise for at least 45 minutes</b> Date: _____	<b>Drink 64 ounces of water</b> Date: _____	<b>Eat a protein with every meal</b> Date: _____	<b>Start your day with 40 minutes of exercise</b> Date: _____	<b>Attend a GYM 60 exercise class</b> Date: _____	<b>Take at least three 10 minute walking breaks</b> Date: _____	<b>Moderate to vigorous exercise for at least 30 minutes</b> Date: _____
<b>Choose 2 healthy fats for snacks (avocado, nuts, etc)</b> Date: _____	<b>Eat at least 5 cups of fruits/vegetables</b> Date: _____	<b>Find a healthy recipe and make it for dinner</b> Date: _____	<b>Fun activity with family/friends</b> Date: _____	<b>Processed food FREE day</b> Date: _____	<b>Eat at least 5 cups of fruits/vegetables</b> Date: _____	<b>Make half your plate fruits/vegetables</b> Date: _____
<b>Give up a food vice (soda, candy, coffee)</b> Date: _____	<b>Make half your plate fruits/vegetables</b> Date: _____	<b>Measure out all serving sizes for a day</b> Date: _____	<b>Strength train for at least 30 minutes</b> Date: _____	<b>Give up TV or the internet</b> Date: _____	<b>Try a new fruit or vegetable</b> Date: _____	<b>Interval training for 40 minutes</b> Date: _____
<b>Eat 5-6 small meals a day</b> Date: _____	<b>Moderate to vigorous exercise for at least 30 minutes</b> Date: _____	<b>Drink 64 ounces of water</b> Date: _____	<b>Eat a complete breakfast w/ a protein and healthy carb</b> Date: _____	<b>For one day, journal everything you eat/drink, calculate caloric intake</b> Date: _____	<b>Eat 5-6 small meals a day</b> Date: _____	<b>Start your day with 40 minutes of exercise</b> Date: _____

The chart above represents 49 days of Holiday wellness challenges. Each day, pick any square and try to accomplish the challenge. Only one challenge is allowed per day. The ultimate goal is to complete all of the challenges. To hold yourself accountable, try joining a team or finding a partner. Additionally—once you've dated a box, try to continue that behavior for the rest of the challenge (ie—bring fruit everyday)!

*~If you complete 40 challenges, you will have a chance to win a wellness day!*