



# New Year's Challenge

How to do the challenge: every day for 3 straight weeks tick off the box for each item. Set rewards for reaching 100% and for 80%. Alternatively, choose someone who'll get something from you if you don't reach 100% or 80%.

Creating incentives (either rewarding yourself or losing something, e.g. money via stikk.com) will increase the likelihood of sticking to your plans.

Challenge	Date	Week 1							Week 2							Week 3						
		Start Date:	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Minimum 7 hours of sleep <sup>1</sup>																						
Drink plenty of water <sup>2</sup>																						
Minimum 2 portions veggies / day																						
No sugar <sup>3</sup>																						
No alcohol																						
Whole foods only <sup>4</sup>																						
Move for min. 20 minutes / day <sup>5</sup>																						

1. Improve your sleep quality: no screens 1 hour before bedtime, dark room
2. Around 1L / quarter a gallon of pure water per 25kg/55lbs bodyweight; no fruit juice or flavoured, sweetened water
3. No obvious sugar sources like desserts, sugary drinks, and ideally no sweetened beverages
4. Eat whole foods such as veggies, fruits, nuts and seeds, meat and fish; avoid more processed foods like bread, pasta, pizza, frozen foods with preservatives, burgers, cakes
5. Walking, running, mobilization, yoga, pilates, stretching, strength training, HIIT, swimming, SUP etc. for a minimum of 20 minutes per day