

July 2016 - Take Action Daily Challenge

Task of the Day - You will need a journal/notebook for this challenge.

Continue the tasks with yellow boxes for the rest of the month or time frame designated.

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| 1 Write down your weight loss/health/fitness goals in your journal. Focus on goals that are clear, attainable and measurable. | <input type="radio"/> |
| 2 Do some research on healthy portion sizes and food labels. Write down 3 things that you've learned. | <input type="radio"/> |
| 3 Create a list of 7 healthy breakfasts that are between 300-450 calories in your journal. These should be meals that you would actually try. | <input type="radio"/> |
| 4 Prepare a healthy dish for yourself or to share this 4 th of July. | <input type="radio"/> |
| 5 Try an HIIT workout. Record how you felt after your workout in your journal | <input type="radio"/> |
| 6 Keep track of everything you eat today in your journal/notebook. Record how you felt before each meal or snack. | <input checked="" type="radio"/> |
| 7 Create a list of 7 healthy snack ideas that you could eat on a regular basis are between 70 to 200 calories. | <input type="radio"/> |
| 8 Avoid caffeine all day, including coffee and tea, for at least 3 whole days. Record how you feel without caffeine in your journal. | <input checked="" type="radio"/> |
| 9 Do some research on how nutrition can help you avoid disease, especially any ailments that run in your family. Write down what you learn. | <input type="radio"/> |
| 10 Create a list of 7 healthy lunches the are between 300-500 calories. These should be meals that you would actually try. | <input type="radio"/> |
| 11 Cut out any drinks that contain processed sugar or artificial sugar, including juice and pre-made smoothies. | <input checked="" type="radio"/> |
| 12 Create a list of fruits and veggies that you love. Eat at least 2 servings of fruits and 3 servings veggies today. Use fresh, unprocessed produce. | <input type="radio"/> |
| 13 Commit to drinking at least 64 oz of water each day. | <input checked="" type="radio"/> |
| 14 Create a list of 7 healthy dinner ideas that are between 400-600. These should be meals that you would actually try. | <input type="radio"/> |
| 15 Bring your lunch to work. Do some planning over the weekend and commit to bringing your lunch daily for the rest of the month or finding the healthiest option. | <input checked="" type="radio"/> |
| 16 Go Vegetarian for one whole day. (Fish, eggs and dairy optional) | <input type="radio"/> |

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| 17 Do at least 15 minutes of Yoga today. | <input type="radio"/> |
| 18 Try a new weight training workout. Record the exercises your do, the number of reps and the amount of weight per set. | <input type="radio"/> |
| 19 Review your food logs. Write down at least 7 foods or drinks you need to cut out of your diet. Then write down the foods or drinks you can replace those foods with and commit to doing that for the rest of the month. | <input checked="" type="radio"/> |
| 20 Drink a glass of water before breakfast, lunch and dinner. 8 to 12 oz. This will help you to feel full and to stay hydrated. | <input checked="" type="radio"/> |
| 21 Try a new, challenging workout today. Push yourself! Add on 2-5 burpees at the end of your workout. | <input type="radio"/> |
| 22 Over the next 3 days, plan out what you will have for dinner next week. Take this weekend to research, plan and meal prep. | <input checked="" type="radio"/> |
| 23 Sit and admire yourself for at least 2 full minutes in a mirror. Write down how you feel afterwards in your journal. | <input type="radio"/> |
| 24 Take a brisk walk or hike outside for at least 30 minutes. (Weather permitting) | <input type="radio"/> |
| 25 Spend 20 minutes this morning thinking about the things you are grateful and thankful for. Create a Gratitude List in your journal. Add at least one new thing daily. | <input checked="" type="radio"/> |
| 26 Eat completely Vegan for one whole day. No flesh foods or animal products. | <input type="radio"/> |
| 27 Write down the 3 top causes of your stress eating/binging/emotional eating? What are 3 practical ways you can avoid these stressors/situations/people. | <input type="radio"/> |
| 28 Review your daily food logs. Make a list of all the foods you've been eating on a regular basis that are unhealthy or full of empty calories. Commit to cutting out those foods. | <input type="radio"/> |
| 29 Try a Tabata workout. | <input type="radio"/> |
| 30 Write down at least 5 ways you can love yourself more or take better care of yourself. | <input type="radio"/> |
| 31 Purchase one book on nutrition, a weight loss plan that you'd like to try, healthy recipes or a weight-related illness that you need more info about. | <input type="radio"/> |