

Level 3: Challenge Tracking Form

DO NOT SELECT THIS CHALLENGE UNLESS YOU HAVE ALREADY BEEN MOVING REGULARLY AND EATING MINDFULLY

FEB - MARCH

Keep track either here or on the HabitShare app (free for iOS or Android)

Check off each day you follow through on your choice.

Aim for all 21 DAYS.

Turn this in if you can make your choice at least 15 times during the 21 DAYS

MOVE

choose from the following each day:

- _____ 25+ min jogging/elliptical/bike
- _____ 35-40 min of intense walking/ 12,000 steps according to FitBit, Apple Watch, iPhone
- _____ 3 sets of 12 repetitions on an 8 machine circuit
- _____ Complete a 45 min studio class: BodyPump/Spin/HIIT

EAT

try doing each of these each day:

- _____ Instead of snacking on processed/refined sugar snacks, choose: nuts, seeds, turkey or chicken roll ups, greek yogurt, berries, or cheese
- _____ Instead of drinking sugary beverages, drink only water, black coffee, herbal tea, or naturally flavored sparkling water.
- _____ Instead of eating refined carbs at meals, eat reasonable portions of meats (or vegetable proteins), veggies, fruits and/or whole grains
- _____ Try to let your body rest at night by not eating past 7 pm

S	M	T	W	T	F	S
		11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
1	2	3	4	5	6	7
8	9					

This 21 DAYS habit formation challenge is best done with at least one other person/team



Remember the goals for this challenge:

1. Move your body to increase neurotransmitter production.
2. Eat to provide essential amino acids for neurotransmitter synthesis
3. The InBODY data was provided so that you have a better understanding of multiple aspects of your physical health AND so that you can measure any positive health outcomes from participating in this 21 DAYS challenge.

Turn in this form at these times & locations to be entered to win the Apple Watch:

1. Monday March 9 at Anderson Center - lower level community room from 1:00 pm - 2:30 pm
2. Tuesday, March 10 at the Wellness Center - from 9:00 am - 10:30 am
3. Wednesday, March 11 at the Wellness Center - from noon - 1:30 pm

Raffle for the Apple Watch will occur the week after spring break. You must REGISTER AT THE START OF THE CHALLENGE TO BE ELIGIBLE TO WIN.