

February

FALL IN LOVE WITH FITNESS

Challenge

1 task per day, in any order

☐	☐	☐	☐	☐
Stretch for 10-15 min before bed	Do 100 total squats -not in a row	No sugar except for in your oatmeal or coffee	Walk 6K steps (2.5 miles)	Take a 15 minute walk outdoors
☐	☐	☐	☐	☐
Drink 8 cups of water (64 oz)	Eat 3-4 servings of vegetables	Do a 30 min+ workout other than walking	Do 10+ min of core/AB work	Eat 65+ grams of Protein
☐	☐	☐	☐	☐
Eat NO sugar today	Eat 1 cup raw or 1/2 c cooked dark green veggie	Log your food to see how many calories you ate today	Do 50 total pushups -not in a row -modified is ok	Go to bed 30 minutes earlier
☐	☐	☐	☐	☐
Read God's Word	Find a new healthy snack recipe and make it	Walk 10K steps	Eat a veggie or fresh fruit at every meal	Stand on 1 leg for a min/leg at least 5 times today
☐	☐	☐	☐	☐
Sleep a full 8 hours	Eat 85+ grams of Protein	Cut up some fresh veggies (or buy a tray) to snack on	Complete a 30+ min strength workout	Create a personal fitness goal for March
☐	☐	☐	Total your score Perfect: 28✓ Above Ave: 25+ Working on it: <24	
Cook your own healthy meal	Spend some time outside	Do 30+ min of cardio (walking counts)		

#LoveYourselfFit