

EXERCISE

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4 WEEK EXERCISE CHALLENGE

CURRENT WEIGHT - _____ KG GOAL WEIGHT - _____ KG

1 I WILL AIM TO COMPLETE THE FOLLOWING EXERCISE WEEKLY:

5 X 30 MIN SESSIONS

3 X 50 MIN SESSIONS

6 X 25 MIN SESSIONS

2 I HAVE FOUND A WAY TO EXERCISE WITH SOMEONE ELSE/TEAM

3 I HAVE FOUND EXERCISE I DON'T HATE

4 I KNOW MY LIMITS AND AM PUSHING MYSELF WITHOUT OVER DOING IT

4 I HAVE FOUND A ROUTINE THAT SUIYTS MY LIFESTYLE

	150 MINUTES	TEAM EXERCISE	ENJOYMENT	I KNOW MY LIMIT	ROUTINE
EXAMPLE	✓	✓	✓	✓	✓
WEEK 1	-	-	-	-	-
WEEK 2	-	-	-	-	-
WEEK 3	-	-	-	-	-
WEEK 4	-	-	-	-	-

POST CHALLENGE WEIGHT - _____ KG

DIET

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4 WEEK DIET CHALLENGE

CURRENT WEIGHT - _____ KG GOAL WEIGHT - _____ KG

- 1 I WILL RESTRICT MY DAILY CALORIE INTAKE TO _____
- 2 I WILL FAST UNTIL _____ EVERYDAY
- 3 I WILL RESTRICT MY ALCOHOL INTAKE TO A MAX OF 7 STANDARD DRINKS PER WEEK
- 4 80% OF MY MEALS WILL BE MADE UP OF 50% VEGETABLES
 25% CARBS
 25% PROTEIN
- 5 I WILL DRINK 2 LITRES OF WATER PER DAY

	RESTRICTED CALORIES	FASTED	RESTRICTED ALCOHOL	80% RULE	2 LITRES OF WATER
EXAMPLE	✓	✓	✓	✓	✓
WEEK 1	-	-	-	-	-
WEEK 2	-	-	-	-	-
WEEK 3	-	-	-	-	-
WEEK 4	-	-	-	-	-

POST CHALLENGE WEIGHT - _____ KG

4 WEEK MENTAL HEALTH CHALLENGE

- 1 I WILL AIM TO MEDITATE FOR 10 MINUTES EACH MORNING AND WHEN I DO I WILL:**
 - FOCUS ON WHAT IM GRATEFUL FOR
 - VISUALISE MY GOALS & SEE MY FUTURE SUCCESS
 - THINK ABOUT WHO I CAN HELP THAT DAY
- 2 I WILL PUT MORE FOCUS ON CREATING DEEPER FACE TO FACE PERSONAL CONNECTION WITH PEOPLE**
- 3 STAY ACTIVE**
- 4 FIND A WAY TO RELAX EVERYDAY - FIND 20 MINUTES MINIMUM FOR DAILY FLOW**
- 5 SIGNIFICANTLY MINIMISE SCREEN TIME REPLACE PHONE WITH A BOOK**

	MEDITATE DAILY	1 ON 1 CONNECTION	STAY ACTIVE	DAILY FLOW	READ
EXAMPLE	✓	✓	✓	✓	✓
WEEK 1	-	-	-	-	-
WEEK 2	-	-	-	-	-
WEEK 3	-	-	-	-	-
WEEK 4	-	-	-	-	-

SLEEP

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4 WEEK SLEEP CHALLENGE

- 1 I HAVE DOWNLOADED THE SLEEP JOURNAL
- 2 I WILL GO TO BED AT _____ PM EVERY NIGHT.
AND WAKE UP AT _____ AM EVERYDAY.
- 3 I HAVE A COMFORTABLE SLEEP ENVIRONMENT INCLUDING MY BED, LIGHTING
AND APPROPRIATE HEATING/COOLING
- 4 I AM BUDGETING ENOUGH TIME FOR 7 -9 HOURS OF SLEEP PER NIGHT
- 5 I AM LIMITING ALCOHOL & CAFFEINE CONSUMPTION PRIOR TO BED

	SLEEP JOURNAL	BED TIME	ENVIRONMENT	7 - 9 HOURS	LIMIT STIMULANTS
EXAMPLE	✓	✓	✓	✓	✓
WEEK 1	-	-	-	-	-
WEEK 2	-	-	-	-	-
WEEK 3	-	-	-	-	-
WEEK 4	-	-	-	-	-

REFERENCE:

<https://www.sleepfoundation.org/sleep-diary>