

14-Day Healthy Habits Challenge

NUTRITION

Beginner

- No liquid calories (e.g. alcohol, juice, speciality drinks, pop)
- No junk/processed foods (e.g. pizza, fried foods, chips, cookies, muffins, sweets and desserts, rolls, sweetened yogurt, granola bars)

Intermediate

- No liquid calories (e.g. alcohol, juice, speciality drinks, pop)
- No junk/processed foods (e.g. pizza, fried foods, chips, cookies, muffins, sweets and desserts, rolls, sweetened yogurt, granola bars)
- No gluten

Advance

- No liquid calories (e.g. alcohol, juice, speciality drinks, pop)
- No junk/processed foods (e.g. pizza, fried foods, chips, cookies, muffins, sweets and desserts, rolls, sweetened yogurt, granola bars)
- No gluten
- No cow dairy (goat + sheep dairy ok)

MOVEMENT

Beginner

- 20-30 minutes a day of light-intense exercise (e.g. walking, yoga, pilates)

Intermediate

- 20-30 minutes a day of light-intense exercise (e.g. walking, yoga, pilates)
- 2x a week resistance exercise
- Daily mobility (e.g. stretching, foam rolling)

Advance

- 20-30 minutes a day of light-intense exercise (e.g. walking, yoga, pilates)
- 2x a week resistance exercise
- Daily mobility (e.g. stretching, foam rolling)
- 2x a week all-out effort (e.g. heavy weights, TRX, HIIT, Tabata, sprints, plyometrics)

SLEEP

Beginner

- Consistent bed time by 11:30PM (or earlier)

Intermediate

- Consistent bed time by 11:30PM (or earlier)
- No bluelight/technology 1 hour before bed
- No food 2 hours before bed

Advance

- Consistent bed time by 10:30PM (or earlier)
- No bluelight/technology 1 hour before bed
- No food 3 hours before bed

	NUTRITION	MOVEMENT	SLEEP
Monday, January 17			
Tuesday, January 18			
Wednesday, January 19			
Thursday, January 20			
Friday, January 21			
Saturday, January 22			
Sunday, January 23			
Monday, January 24			
Tuesday, January 25			
Wednesday, January 26			
Thursday, January 27			
Friday, January 28			
Saturday, January 29			
Sunday, January 30			