

**SUNDAY***CHALLENGE CHOICE***MONDAY***50 PUSH-UPS***TUESDAY***100 SQUATS***WEDNESDAY***100 CRUNCHES***THURSDAY***50 PUSH-UPS***FRIDAY***100 SQUATS***SATURDAY***100 CRUNCHES***week 1**

HH 1-8 PTS

activity mins.

*Challenge***week 2**

HH 1-8 PTS

activity mins.

*Challenge***week 3**

HH 1-8 PTS

activity mins.

*Challenge***week 4**

HH 1-8 PTS

activity mins.

*Challenge***week 5**

HH 1-8 PTS

activity mins.

*Challenge***week 6**

HH 1-8 PTS

activity mins.

*Challenge***week 7**

HH 1-8 PTS

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*Challenge***week 8**

HH 1-8 PTS

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# The Fitlife Challenge

## Fitlife GOALS

- > EXERCISE 5-6 DAYS A WEEK
- > PRACTICE AND EMBRACE YOUR 9 HEALTHY HABITS
- > COMMIT TO YOUR 1 DAILY STRENGTH CHALLENGE

## Have Fun!

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# HEALTHY HABITS

- |          |                                       |               |
|----------|---------------------------------------|---------------|
| <b>1</b> | hunger satiety                        | <b>20</b> pts |
| <b>2</b> | drink 64 oz. of water                 | <b>30</b> pts |
| <b>3</b> | 7-9 hours of sleep                    | <b>30</b> pts |
| <b>4</b> | eat a healthy breakfast               | <b>30</b> pts |
| <b>5</b> | no snacking after dinner              | <b>30</b> pts |
| <b>6</b> | eat at least 6 fruit & veg. servings  | <b>30</b> pts |
| <b>7</b> | no sweets or alcohol                  | <b>40</b> pts |
| <b>8</b> | no hydrogenated/ partially hydr. fats | <b>40</b> pts |
| <b>9</b> | avoid adding unnecessary fat to foods | <b>20</b> pts |