

DAY TEN OF JOEY'S 30 DAY CHALLENGE

TODAYS CHECKLIST / LOG SHEET

Date _____

Exercise Challenges: _____ YES _____ NO

Home / Gym Workout,

30 Minutes Cardio

Flexibility Challenges: _____ YES _____ NO

Plough Pose,

Stretching after Workouts

Nutritional Challenges: _____ YES _____ NO

Food Substitutes List

Mind/Body Challenges: _____ YES _____ NO

Clean, Tidy or Organize

for 20 minutes,

Gratitude List

Record your workouts _____ YES _____ NO

and meals in your

journal

If you did complete all the assignments, write down what you found the most challenging and why:

List any other tasks you'd like to accomplish in addition to or instead of the challenges listed above:

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Exercise Challenge:

Today's Challenge:

Challenge 1: Complete 30 minutes of steady-state, medium-intensity cardio.

The idea is to work at a level just out of your comfort zone, but you're still able to talk, but not able to read a magazine. You can choose any cardio machine you like or go outdoors for a run or bike ride or even a swim, Do not pick the same activity that you did on day 1 - you want to incorporate variation into your cardio workouts and not get comfortable with the same old routine - this will stop you from getting stuck in a plateau when it comes to continually seeing changes in your body. if you're already more advanced than this - you can do your own thing today. Remember, if you can't do 30 minutes, do as much as you can and make a note in your journal so you can do more next time.

Challenge 2: Complete the following body sculpting exercises;

Squats - 60 - with dumbbells

Pushups 100

Crunches 100

Jumping Jacks 100

Mountain Climbers 100

Bicep Curls 60 - with dumbbells

Burpees 40

Workout complete!! By now you should have experienced all of the above exercises. Please look back over your notes and check over form. Break the exercises down as needed in order to complete reps, ideally no more than 4 or 5 sets in any one exercise.



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Nutrition Challenge:

In your food journal, make a list of all the junk foods candy, chips, soda, etc. (if any) that you currently eat and in a column next to this list i would like you to make a list of substitutes you could make for each of these items.

These days, you can find a number of healthier options that have less calories, fat and sugar but still leave you satisfied.

Some ideas:

- Replace regular chips with baked chips or soy chips.
- Replace ice cream with frozen yogurt or sorbet
- Replace full-fat cookies with fig newtons
- Replace soda with flavored sparkling water
- Baked Potatoes with Sweet Potatoes
- Replace Sweets/Candy with Frozen Grapes

The next time you go to the store, make a note of the substitution on your grocery list and promise yourself you'll try this new substitute for at least two weeks. Remember, just because its a healthier version - even these substitutes often have more sugar and fat than you may need in your diet, so pay attention to your portion sizes and have just enough to satisfy your cravings.



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Flexibility Challenge: Plough Pose

A lot of people complain about stiffness in the neck and lower back as a result of stress and poor posture. In the Plough Pose, you stretch the neck and the lower back muscles. At the same time you achieve a new structure in your back.

As a result of the way you place the neck and the legs you get hardly any chance to compensate stiffness in the neck or lower back: something that easily happens in other positions. The Plough is also good for your digestion and it strengthens the kidneys, the liver and the gall bladder.

STEP 1: Lie down with your back on a Yoga Mat.

STEP 2: Your shoulders should lie on the edge and your head rests on the mat. Your legs are drawn in and still stand on the mat.

STEP 3: Lift your hips off the floor and bring your legs up, over and beyond your head.

STEP 4: At this point, lift your back and move your legs further beyond your head.

STEP 5: Straighten your spine and keep your back straight. Move your hands toward your back.

STEP 6: Place your arms against your upper back and try to place your hands as near as possible to the shoulder blades. Try to place your elbows at shoulder-width. If you cannot do this, put them at a somewhat wider distance from each other.

By stretching your back and through relaxation in the muscles and through your position the legs slowly move further and further backwards. Try to relax the shoulders and the neck muscles through your breathing. If your breathing feels oppressed, the pressure in the heart area gets too big or your jaw is pinched off, you should walk backwards a little with your legs.

Slowly bring your legs, one by one, back to the mat, stretch your arms lengthwise away from you and slowly roll off your back downwards, vertebra by vertebra.

It is advisable to lie on a yoga block with your neck and your back in order to relieve the neck muscles a little and to make the stretching of the back easier. There are three important movements in the Plough: 1) The upper back is stretched up to the top of the chest bone. This means that the upper back does not sink down and there is no bend in the back. 2) Through the upward movement from the upper back you get a movement in the direction of the chest bone 3) You stretch your pelvis upward from the sacrum, with the result that your chest bone gets more space. During this exercise you should try not to lose these three connections. In fact try to work them out further and further.



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Meditation/Relaxation Challenge:

Challenge 1: Choose one chore you've been putting off and spend 10-20 minutes doing it.

Make a list of tasks and choose one or use one of these ideas:

- Clean out the junk drawer
- Clean out the closet and gather old clothes for charity
- Clean a drawer in your office
- Organize photos for your photo album
- Do your filing
- Throw out old magazines and newspapers you haven't had time to read
- Write a letter to your mom, grandma or other family member



Challenge 2: Gratitude List

You know what to do by now :0) Write a gratitude list as soon as you wake up - there are no rules with gratitude lists - you can be grateful for some of the same things you were grateful for before. You might even have a complete new list. Start your day the right way with positive energy flowing through your being.

Have a blessed day :0)

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Daily Log

How'd you do with your challenges today? Use the checklist to cross off everything you accomplished or make notes on what you didn't accomplish and why. You can also use the checklist to make substitutions for any challenges that didn't work for you and even create more challenges for yourself.

