

## DAY ELEVEN OF JOEY'S 30 DAY CHALLENGE

### TODAYS CHECKLIST / LOG SHEET

Date \_\_\_\_\_

**Exercise Challenges:** \_\_\_\_\_ YES \_\_\_\_\_ NO

Workout - You Pick

**Flexibility Challenges:** \_\_\_\_\_ YES \_\_\_\_\_ NO

Pyramid Pose,

Stretching after Workout

**Nutritional Challenges:** \_\_\_\_\_ YES \_\_\_\_\_ NO

Breaks between every

bite at one meal today,

Drink Teas/Tonics at

allocated times

**Mind/Body Challenges:** \_\_\_\_\_ YES \_\_\_\_\_ NO

10 Minute Relaxation

before Bed,

Gratitude List Again !

**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:

Pick your favorite exercise to date to do for today's workout challenge. This can be cardio or weights even taking the new class you tried last week again, you could even try another new class for today's challenge if you haven't found something you love this far. If just trying something new sounds more appealing today go for it. Otherwise pick your favorite to date and make your reason not that it's the easiest one.

The harder you work the more results you see - have fun with it and have a strong mind.



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### Nutrition Challenges:

**Challenge 1: For one meal today, take the following steps to slow down your eating:**

1. Put your fork or spoon down between every bite
2. Completely chew and swallow each bite before preparing the next bite
3. Take a sip of water between each bite

Experts suggest it can take 15-20 minutes for your body to realize it's full - one reason many of us overeat. Eating too quickly can make it difficult to know when it's time to stop eating. By slowing things down and concentrating on each bite, you'll appreciate your meal and learn your body's cues for when it's full.



**Challenge 2: Drink Teas and Tonics at suggested times wherever possible**

You now know the benefits of each of the suggested teas or tonics I have suggested this far and you may have in fact developed a healthy liking towards some.

I understand that sometimes it's just not possible to have what we would like available to us at our desired times, So Today I would like you to try get as many of these complete with the meal I have placed them with wherever possible

- **1 Hot Water with Lemon as soon as you wake up**
- **1 Green Tea with Lunch**
- **1 Ginger Tea with Dinner**
- **1 Hot Water with Lemon or Chamomile Tea just before bed time**
- **Water, regularly throughout the day**

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### Flexibility Challenge: Pyramid Pose

This pose is an intense stretch for the entire body. Our legs secure us firmly to the ground as our spine falls forward calling upon balance and concentration while promoting inner calm.

1. Standing feet about hip width apart, turn your right foot out slightly. Then, step the left leg forward so that your stance is fairly wide, yet comfortable. If you feel too wide or too close, adjust your stance. You will be looking over your left leg, your hips squared with the left leg.
2. Take the arms behind the back holding onto your forearms. Stand here for a few cycles of breath to gain a sense of balance, root your legs into the ground and to feel the stretch in the legs.
3. Inhale deeply while lifting the chest and looking upward, being careful not to strain the neck. Begin to exhale while bending forward, leading with the chest. Come down toward your left leg and tuck your chin in towards your chest, when you reach your limit. Concentrate and hold, while breathing fluidly.
4. If balance is compromised, release the arms so that your fingertips gently touch the floor on both sides of the foot. If you cannot reach the floor, place them on your leg, without depending on the leg for support. You will need to bring your awareness into the lower back for support.
5. Breathe into the backs of the legs where you feel the stretch. Lengthen the spine, deepening the pose on your exhalation.
6. To come out of the pose, inhale and roll the torso up starting from the base of the spine. When you are upright again, allow the breath to guide your reflection before stepping your feet together. Repeat on the other side.

#### Benefits:

- Strengthens and stretches entire leg and back
- Strengthens and tones abdomen; improves digestive system
- Massages liver and stomach
- Improves complexion, hair, eyes and cools the brain

#### Cautionary Notes/Modifications:

- Adjust your back foot to accommodate the rotation toward your forward leg.
- Variation: clasp hands behind the back and extend the arms away from you as you fold forward
- Before descending the torso, open the shoulders, lengthen the spine as you look upward starting at about 45 degrees, (more if your neck is strong and uncompromised) coming into a back bend.
- Do not come down into the final posture if you are suffering from any abdominal illnesses



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### Meditation/Relaxation Challenge:

#### Challenge 1: Go to bed 10 minutes early tonight and complete the following bedtime relaxation:

1. Write in your journal for 3-5 minutes. Write about anything you like - how your day was, how you feel, what you plan on doing tomorrow, etc.
2. Lie down and stretch out so that you're completely relaxed.
3. Begin to breathe deeply and slowly. With each exhale, consciously relax each part of your body, starting with your feet:
  - Relax your feet and ankles
  - Relax your knees, calves and shins
  - Relax your thighs and glutes
  - Relax your belly and lower back
  - Relax your chest and shoulders
  - Relax your neck
  - Relax your jaw and throat
  - Relax your forehead and eyes
4. Imagine that each breath drains the tension out of each part of your body until you're completely relaxed. Sweet Dreams :0)



#### 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.

