

DAY TWELVE OF JOEY'S 30 DAY CHALLENGE

TODAYS CHECKLIST / LOG SHEET

Date _____

Exercise Challenges: _____ YES _____ NO

Burpees

Flexibility Challenges: _____ YES _____ NO

Chair & Crescent Pose

Stretching after Burpees

Nutritional Challenges: _____ YES _____ NO

Eat Nutrient Dense Foods

First,

Get A Healthy Tip from a

Health Conscious Friend

Mind/Body Challenges: _____ YES _____ NO

Belly Breathing,

Gratitude List Again !

Record your workouts _____ YES _____ NO

and meals in your

journal

Time Taken:

Amount Complete:

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: 100 Burpees

Few movements hit as many muscle groups and deliver as intense a cardiovascular workout as the Burpee. After performing 10, no matter how fit you are, you will be breathing heavily. After performing the 100 I have set you, you'll be on the floor for 5 minutes like a boxer down for the count.

Burpees basically combine a squat, pushup, and vertical leap. Think about the amount of mass (your entire body weight) you move over a large distance (your full height plus the height of your vertical leap) and you'll understand just how many calories you can quickly burn with this exercise. If you are feeling super fit and would classed yourself as advanced - I challenge you to aim for 150 today.

Remember to take mini breaks when needed but take as few breaks as you can.

How you do a Burpee:

- **Begin in a standing position.**
- **Drop into a squat position with your hands on the floor in front of you.**
- **Kick your feet back, while simultaneously lowering yourself into a pushup.**
- **Immediately return your feet to the squat position, while simultaneously pushing up with your arms.**
- **Leap up as high as possible from the squat position with your arms overhead (you may also clap your hands above your head at the peak of your jump).**



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Nutrition Challenges:

Challenge 1: For each meal today, eat the healthiest, most nutrient-dense foods first.

Your first step here is to, of course, make sure you actually have some healthy, nutrient-dense foods for each of your meals. These types of foods can include:

- Salads
- Homemade Healthy Soups
- Fruit
- Vegetables

These kinds of nutrient-dense foods are great because they give you more nutrition for less calories. They also help fill you up, since many of these types of foods are also high in fiber - if you're full on healthy stuff, you'll be less likely to eat unhealthier choices.

Challenge 2: Think of at least one person you know who eats a healthy diet and ask them one question - What's the most important thing you do each day to stay on track with your eating?

You may not know it, but some of the best resources for being healthy and losing weight are all around you - people who've done what you're doing right now: making healthy choices. Take the answer(s) you get and write them down in your food journal. Are you already following their advice or do you have a new trick to try?

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Flexibility Challenges: Chair & Crescent Lunge

Chair

Stretches shoulders and chest; strengthens thighs, calves, spine, and ankles

Stand up tall with your big toes touching. Inhale and raise your arms straight up to the ceiling alongside your head and neck with palms facing each other. Drop your shoulders down your back as you lengthen up through the neck. As you exhale, bend your knees, sit down and back as if you were sitting in a chair (like doing a squat with your feet together). Do not let your knees extend past your toes. With each inhale lengthen the spine. With each exhale sit a little deeper in the chair. Eventually your thighs will be parallel to the floor. Drop your tailbone down toward the floor to take any stress out of your lower back. Keep your core muscles engaged and keep your knees and thighs pressed tightly together. Hold for 30 seconds.

Why it's good for you: No gym necessary! Chair pose torches abdominal fat while strengthening the thighs and legs.

Crescent Lunge

Loosens tight hips by stretching the groin; strengthens arms and legs

Start on your hands and knees. Step your right foot between your hands into a lunge, keeping your right knee directly above your heel. Inhale and slowly lift your back knee off the floor. Press your back heel toward the wall behind you as you begin to straighten the back leg. Keep your spine long as you hold and breathe. Let your hips fall forward as you continue to press the back heel behind you. Hold for one minute and then repeat on the second side. Do each side twice.

Why it's good for you: Tight hips can cause lower back pain, knee strain, and injury, which can keep you out of the game, out of the gym, and in pain at your desk. Add Crescent Lunge to your pre-workout routine to open the hips.



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Meditation/Relaxation Challenge:

Challenge 1: Spend at least five minutes belly-breathing.

Belly breathing is a great way to relax, bring more oxygen into the body and wake you up when you're feeling stressed or tired.

- Sit in a comfortable chair with good posture and close your eyes.
- Breathe in through your nose, expanding your belly as you inhale. Focus on bringing air into the belly rather than the chest.
- Breathe out through your mouth, exhaling until all the air is gone.
- Continue, taking slow even breaths, for at least five minutes.



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.

