

## DAY THIRTEEN OF JOEY'S 30 DAY CHALLENGE

### TODAYS CHECKLIST / LOG SHEET

Date \_\_\_\_\_

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

Pick your Favorite

Workout

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

Reclining Big Toe & Hero

Pose,

Stretching after Burpees

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

Eat at a Vegan Restaurant

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

Conquering Slumps,

List:

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: Your Favorite Workout**

**Today you get to pick what you would like to do for your workout - pick something challenging and don't forget to stretch after your workout.**

**Have a great day :0)**



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### Nutrition Challenge:

#### Try a Vegan Restaurant.

While being vegan isn't for everyone. It does not mean that because you are not vegan that you can not appreciate and enjoy vegan food. Just for today I would love for you to have a meal at a Vegan restaurant or get a Vegan takeout for just one of your meals.

I am definitely not Vegan or Raw, but I do love to eat these foods wherever possible - the foods are amazingly nutritious, tasty and filling.

No idea where your nearest vegan restaurant is ?? Thats easy to fix - simply google 'local vegan restaurants' and you will get a list of the closest places to you.

My advice to you if you have never dined at a vegan restaurant before is to ask your server what they would recommend or what dishes are popular and that might help you pick a yummy dish.



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### Flexibility Challenges: Hero Pose & Reclining Big Toe

#### Hero Pose

*Stretches knees, ankles and thighs*

Begin in a kneeling position with knees touching. Bring your heels out alongside your buttocks, keeping your shins and ankles pressing down into the floor. If you can, sit your buttocks on the floor between your legs. If this is uncomfortable, place a phone book or block beneath you to lessen the tension in the knees and ankles. You will feel a strong stretching sensation, but you should not feel pain. This is a progressive pose and your body will adapt to it over time. Hold for one minute and keep your breath slow and deep. Rest, and repeat a second time.

**Why it's good for you:** Hero pose stabilizes and strengthens the vulnerable knee joints while lubricating the connective tissues in and around the knee with blood, oxygen, and fluid, making it an essential pose for runners.

#### Reclining Big Toe

*Stretches hips, thighs, hamstrings, groins, and calves; strengthens the knees*

Lie on your back and extend your left leg toward the ceiling at a 90-degree angle with your right leg extended along the floor. Flex both feet. Bend your left knee and bring the knee in toward your chest using your hands. Hug it tightly against your body to relax your hip. Next, loop a strap around your left foot and slowly straighten the left leg back to 90 degrees. Press your right thigh firmly down against the floor. Hold for 5 breaths and repeat on the opposite side. Repeat twice on each side.

**Why it's good for you:** This pose stimulates the prostate gland and improves digestion. Runners may find it useful for relieving sciatica caused by a tight piriformis.



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### Meditation/Relaxation Challenge:

**Challenge 1:** If you get tired in the middle of the afternoon, take at least 5-10 minutes and choose two of the following activities to wake yourself up:

- Take a Walk Outside
- Drink a cup of Hot Tea
- Pick 2 of your favorite stretches
- Have a Big Glass of Water
- Walk up and down some stairs
- Go outside and take some deep breaths
- 100 Jumping Jacks
- Take your dog for an Extra Walk
- 5 Minute Seated Meditation

Choose as many of these as you like and write in your journal about your experience. Did doing any of these tasks wake you up? If so, try to incorporate some of these ideas into your day to avoid the afternoon slump.

### Challenge 2: Gratitude List

That's right - we are doing this every day this week. 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.

