

# DAY FOURTEEN OF JOEY'S 30 DAY CHALLENGE

## TODAYS CHECKLIST / LOG SHEET

Date \_\_\_\_\_

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

50 Burpees,

50 Push Ups,

Dance to 2 Songs

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

Chair & Crescent Pose,

Stretching Exercise

Challenge

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

Eat Veggies with every

Meal

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

10 Minutes of Joy

**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:

#### 50 Burpees

- 1 Begin in a standing position.
- 2 Drop into a squat position with your hands on the floor in front of you.
- 3 Kick your feet back, while simultaneously lowering yourself into a pushup.
- 4 Immediately return your feet to the squat position, while simultaneously pushing up with your arms.
- 5 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).

#### 50 Pushups

- 1. Place your hands about 36 inches apart on either the floor (or the wall).
- 2. Lower yourself until your chest almost touches the floor (or the wall).
- 3. Press your upper body back up to the starting position. (Note: If you are performing pushups using the wall, place your feet at a distance greater than your arms length when they are extended).

#### Dance to 2 of your favorite songs

Dancing is a great way for people of all ages to get and stay in shape. Besides being fun, dancing has many positive health benefits and develop flexibility, strength and endurance.

Today's dance task may sound a little crazy, perhaps sound a little pointless. But pick 2 of your favorite songs and dance like nobody is watching. Try and have fun with it and your job is to try and make every muscle in your body work and burn as many calories as you can - get moving and have fun :0)

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### Nutrition Challenge:

#### **Eat at least one serving of veggies with every meal.**

(You get a pass for breakfast if veggies are hard to stomach in the morning)

You did this challenge way back on Day Two, so remember these ideas for getting more veggies throughout the day:

- Add them to your sandwich. Adding lettuce, tomatoes, cucumbers, etc. is a great way to sneak in veggies.
- Add them to your pizza. I'm not saying you should have pizza, but if you're already planning on it, add a healthy dose of veggies and go easy on the cheese.
- Bring cut veggies to work with you and dip them in light dressing for a snack.
- Order a salad (dressing on the side) with your lunch or dinner and eat it before you eat anything else.
- Buy frozen veggies and wok them for a few minutes, drizzle them with some ginger or soy sauce and have that as a side dish for lunch or dinner.

Remember, you can do whatever like, just make sure that every meal (except breakfast) has at least one serving of vegetables.

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### Flexibility Challenges: Bow & Boat Poses

#### **Bow Pose**

*Stretches hips, shoulders, and thighs; strengthens back*

Lie on your stomach and reach your arms back toward your feet with the palms facing up. Bend your knees so that your heels come in toward your buttocks. Inhale and grab the outside of your ankles (right ankle in right hand, left ankle in left hand). Press your ankles into your hands and your hands into your ankles as you lift your thighs off the floor. Breathe deeply and fully as you continue pressing your legs up and back. Hold for 30 seconds and repeat two or three times. If you are very tight in the hips or quadriceps, you may want to try one leg at a time.

**Why it's good for you:** One of the best stress-busting poses, Bow opens the chest to allow you to take in more oxygen. Strong abs are great, but can lead to injury if you don't strengthen the back, too. Bow pose takes care of this, reducing your risk of injury due to muscular imbalance.

#### **Boat Pose**

*Strengthens abs, spine, arms and hip flexors*

Sit on the floor with your knees bent and feet on the floor in front of you. Place your hands behind your glutes and lean into the arms for support. Engage your core muscles and keep a perfectly straight spine as you lift your right leg and then the left, bringing them to a 45-degree angle with the floor. Bring your legs together and imagine squeezing a book between your thighs to keep them active. Lift through the sternum and slowly straighten your legs while keeping your torso straight (if it starts to collapse, keep a slight bend in the knees). Press through the balls of the feet and spread your toes wide. Reach your arms toward the front of the room, on either side of your legs, keeping them in line with your shoulders, palms facing down. Hold for 30 seconds, working up to a minute or longer.

**Why it's good for you:** In addition to strengthening the core and back muscles, Boat promotes healthy thyroid and prostate gland function.



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### Meditation/Relaxation Challenge:

**Challenge 1: Schedule a 10-minute (or more) block of time today and spend that time doing any or even as many of the following:**

- Listen to some of your favorite songs
- Watching the sunrise or sunset
- Reading your favorite book, website or magazine
- Stretching
- Resting
- Doodling or Drawing
- Breathing
- Playing with your pet

Think of something relaxing and fun and spend 10 minutes or longer doing some of these.

### **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)

## DAY FOURTEEN OF JOEY'S 30 DAY CHALLENGE

### 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.

