

DAY FIVE OF JOEY'S 30 DAY CHALLENGE



Day Five, And today's challenges offer you some new ideas for staying active and exercising. First, you'll see that your exercise challenge is the same as your mind/body challenge and is designed to get you in touch with your body in a whole new way. I think you're going to love the hot water with lemon idea. And we have another gratitude list to write today. Don't forget to fill out your checklist at the end of the day and make a note of where you excelled and where you could use a little more work

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TODAYS CHECKLIST / LOG SHEET

Date _____

Exercise Challenges: _____ YES _____ NO

Free Spirit Workout
without planning

Flexibility Challenges: _____ YES _____ NO

Stretch after workout
15 stretches from sheet

Nutritional Challenges: _____ YES _____ NO

Explore what works for
you & what doesn't
2 x Hot Water with Lemon

Mind/Body Challenges: _____ YES _____ NO

Combined Exercise
Challenge
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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DAY FOUR EXERCISE CHALLENGE

Medium-high intensity cardio exercise with no distractions.

This exercise challenge is also your mind/body challenge, which is why there's no time listed. For this workout, you'll have no distractions - no music, no reading, no heart rate monitor, no watches, no devices whatsoever. If you can, choose an activity you could do outside such as walking, cycling or running.

Whatever activity you choose, focus on how your body feels, speeding up and slowing down to stay at a medium intensity. Think about your breathing and your form, try new roads you've never been down and let your mind wander where it will. There's no time limit, so go as long as you like. When you get done, write about what it felt like to exercise with no distractions. Did this challenge feel difficult for you? I'm hoping this experience will give workouts a different meaning to you too. Exercise to get fit and healthy physically is fantastic - but to discover how much good it can do for your mind and soul will come to amaze you. Be present in your workout and enjoy the ride your mind takes you on.

Just because there is no time limit - I will assume you wont make this a five minute exercise :0) (please !!)



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Day Four Nutrition Challenge

Challenge 1: After one meal today, take 5-10 minutes to write in your journal recording what you ate, how much you ate and how you felt after eating (too full? satisfied? still hungry?).

If you felt you ate too much or didn't feel satisfied, write down just one thing you could do to improve that meal. Some ideas:

- Use smaller plates or bowls to help you control your portions.
- Make your meals more balanced so you're getting more variety
- Reduce your fat intake so you feel more energetic after eating
- Make sure you get enough protein so you feel satisfied

More specific ideas might include adding grilled chicken to your salad to make it more satisfying, or using a lighter dressing to avoid too much fat. Really look at your meal and find just one way to improve it.

Challenge 2: Drink Hot Water with Lemon twice today

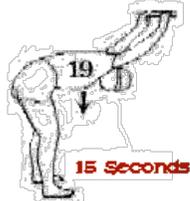
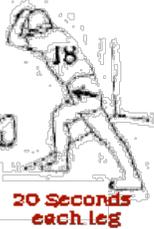
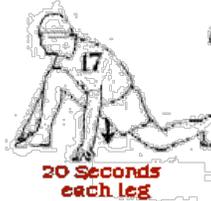
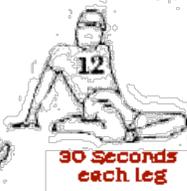
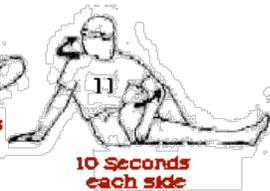
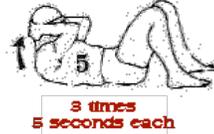
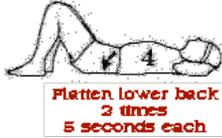
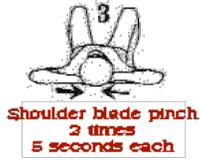
Go ahead and try this upon awakening and before you go to bed. Lemon is known for its cleansing properties and as your morning and night beverage will give your digestive system a real boost. I didn't use to be much of a fan of hot water with lemon - i used to think it tasted boring - but now have come to appreciate it and how well it serves me. Although the lemon is often thought of as acidic, it is very effective in curing many digestion problems when mixed with hot water, including biliousness, nausea, heartburn, disorders of the lower intestines like constipation and worm infestations. It is even known to relieve hiccups. Water plus a few lemons becomes lemon juice. Lemon juice, when taken regularly in the morning, acts as a tonic to the liver and stimulates it to produce bile making it ready to digest the day's food. It is also thought to help dissolve gallstones. Because of its high vitamin C content, it is thought to help prevent and treat many infections, hasten wound healing and temper down high fever. Lemon juice also relieves symptoms of asthma, tonsillitis and sore throat.



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Day Four Flexibility Challenge

Stretch Challenge: Pick just 15 out of the 22 options of stretches



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Meditation/Relaxation

Challenge 1: Your Main Challenge for today is combined with Your Exercise challenge - I hope you had fun :0)

Challenge 2: Gratitude List

You did this yesterday and I would like you to do it again today. 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 yesterday. You might even have a complete new list.

Start your day the right way with positive energy flowing through you.
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.

