

DAY SEVEN OF JOEY'S 30 DAY CHALLENGE



Day Seven, And today's challenges are exciting. I hope you had an active weekend and a great start to your week.

Today you will track your calorie intake, take a workout class you have never taken, drink lots of water, green tea and start your day off with hot water and lemon. My favorite of today's challenges is making a list of goals you would like to achieve for yourself in 2011 - The reward in doing this isn't as amazing as it will be around this time next year - I guarantee you will not be disappointed. Enjoy !

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TODAYS CHECKLIST / LOG SHEET

Date _____

Exercise Challenges: _____ YES _____ NO

Take a class you've never
taken before

Flexibility Challenges: _____ YES _____ NO

Wheel Pose

Nutritional Challenges: _____ YES _____ NO

Calorie Tracker Food Log

At least 6 cups of Water

Hot or Cold Green Tea

Hot Water with Lemon

Mind/Body Challenges: _____ YES _____ NO

5 Minute Relaxation

Goal List for 2011

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: Take an exercise class you have never taken before.

Take an exercise class you have never taken before. Among my favorite are: Bootcamp, Crossfit, Spinning, Hip Hop, TRX, Zumba, Salsa, Boxing, Kick Boxing, Gymnastics, Acrobats, Circuit, Bikram Yoga....

The sooner you see that you can do anything - the sooner you start becoming more confident in yourself as a person.

Now you may take a class and find that it's not for you and that's ok - It truly isn't about loving everything - but purely giving everything a try and finding out ultimately more about yourself and also enjoying the process. This does not have to be a miserable task. By simply shifting your perception I assure you - it will be impossible to not have fun with it.

A great example is I took a hip hop class once and thought I'd be good at it - I actually sucked and couldn't get the moves down or keep up with the class. Does that make me a bad person? No! In fact rather than getting embarrassed about it or leaving - I genuinely gave it my best shot and learnt to laugh at myself in the process - have I done it since? No! But did I have a great time?? - hell yeah - it was an amazing experience - one that I won't forget and even now when I talk about it - brings a smile to my face. Don't take fitness too seriously in that if you're not great at something that makes you some terrible person. Learn to take pride in the fact that you're willing to try something.

There is most definitely a place for competition - but on your journey to getting fit and healthy - being the best isn't the goal - but simply doing your best will be all you need to be concerned about.

Enjoy this - make it fun :0)



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Day Seven Nutrition Challenge

Challenge 1: All day today, measure each food you eat and record the numbers in your food journal & online and find out your daily total of calories consumed.

Use whatever tools you have available - measuring cups, spoons, a food scale, food packaging etc. and carefully determine how much of each food you're eating. Next to each item, write down the serving size you ate and the amount of calories in each serving according to food labels. Looking at those numbers, are you surprised? Are you eating more or less than you thought? Could you eat a bit less and still be satisfied?

You can either log these foods and calories in your journal or use one of the amazing food log tools available to you for free online to help you figure out just how much you are consuming. My favorite and most accurate food log websites I have come across are:

www.fitbit.com/foods/log You do not need to own a fitbit in order to use this website - although if you can afford one they are amazing and so accurate!

www.livestrong.com/myplate Another awesome website with great information and easy to use

Challenge 2: Drink Hot Water with Lemon, Green Tea and lets go for 6 glasses of water today

Try and drink all these today and try spread them out - try the Hot Water with Lemon again as soon as you wake up and green tea at any point throughout the day - but not too close to bed time.



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Day Six Flexibility Challenge

Stretch Challenge: Wheel Pose

- Lie supine on the floor. Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible. Bend your elbows and spread your palms on the floor beside your head, forearms relatively perpendicular to the floor, fingers pointing toward your shoulders.
- Pressing your inner feet actively into the floor, exhale and push your tailbone up toward the pubis, firming (but not hardening) the buttocks, and lift the buttocks off the floor. Keep your thighs and inner feet parallel. Take 2 or 3 breaths. Then firmly press the inner hands into the floor and your shoulder blades against the back and lift up onto the crown of your head. Keep your arms parallel. Take 2 or 3 breaths.
- Press your feet and hands into the floor, tailbone and shoulder blades against your back, and with an exhalation, lift your head off the floor and straighten your arms. Turn the upper thighs slightly inward and firm the outer thighs. Narrow the hip points and lengthen the tailbone toward the backs of the knees, lifting the pubis toward the navel.
- Turn the upper arms outward but keep the weight on the bases of the index fingers. Spread the shoulder blades across the back and let the head hang, or lift it slightly to look down at the floor.
- Stay in the pose anywhere from 20 - 25 seconds or more, breathing easily. Repeat anywhere from 3 to 6 times.

Benefits

- Stretches the chest and lungs
- Strengthens the arms and wrists, legs, buttocks, abdomen, and spine
- Stimulates the thyroid and pituitary
- Increases energy and counteracts depression
- Therapeutic for asthma, back pain, infertility, and osteoporosis



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Meditation/Relaxation

Challenge 1: Take at least Five minutes to do the following relaxation:

- Sit in a chair with your back straight and feet flat on the floor.
- Close your eyes, if you can, and shrug the shoulders up towards the ears as high as you can.
- Hold for 5 seconds and release.
- Repeat the shoulder shrugs ten times.
- Slowly roll the shoulders backwards six times.
- Roll the shoulders forwards six times.
- Take ten slow, deep breaths, feeling your belly expand with each inhale and contract with each exhale.
- Use each exhale to ease any tension in your shoulders, neck and forehead

Challenge 2: Dream / Wish List / Goals & Ambitions

Make a list of short term goals, dreams or ambitions that you feel would be awesome to achieve for yourself in 2011.

The goals do not have to be health and fitness related - they can be anything related to yourself and what's important to you - like achieving certain grades at school or getting a work promotion. having x amount of followers on twitter, losing a certain amount of weight, running a 5k 10k or even marathon, eating no sugar for a month, giving up chocolate for the year, being in a relationship, having a pet, whatever you pick make sure its truly important to you - once these have entered your subconscious, you can store this list away somewhere where you can find it this time next year - you will be amazed exactly how much you have achieved and be inspired from the experience to do it all over again next year. I have been doing this exercise with my sister for the past 5 years - we normally try and do ours together on the 1st of January and make our lists for the year ahead - its always great to look back and reflect on your previous year and then look ahead at what to be excited about - there have been instances where i have put the same goal for myself on the following year and if thats still important to me it makes sense to still strive for it.

Enjoy this process and what you find out about yourself and store the paper away somewhere safely - I get so much satisfaction out of looking at my list from 5 years back and how life can really take shape based on our dreams and wants. Be excited, be honest and be careful what you wish for - there is a lot of work involved when it comes to achieving our dreams. 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.

