

# 28-DAY CHALLENGE

FOR MIND AND BODY



**01** Get in touch with an old friend

**02** Complete 25 sit-ups

**03** Track your food with Balance

**04** Take the time to sleep in today

**05** Set a new record

**06** Complete 3x15 squats

**07** Clean out your junk drawer

**08** Stay away from added sugar & check your food labels #sneakysugar

**09** Take 10 minutes to stretch and ease your muscles

**10** Reflect on & revise your goals for this year

**11** Measure your resting heart rate right when you wake up

**12** Create a Runtastic Group and invite 3 friends to boost motivation

**13** Start your day with a Blueberry and Kale Smoothie

**14** Check your heart rate right after completing a workout

**15** Make sure you drink 2L of water (today and everyday)

**16** Skip the bar & meet up with friends for a workout instead

**17** Complete 10,000 steps

**18** Leave the whole day unplanned

**19** Start your week with a 30-second plank

**20** No TV all day - take a walk instead

**21** Breathe: 6 sec inhale, 4 sec hold, 10 sec exhale. Repeat 6-8x

**22** Track your sleep tonight to learn more about your sleep quality

**23** Practice enjoying solitude & embrace some "me time" today

**24** Go for an easy jog with friends

**25** Cook a Runtasty recipe

**26** No complaints all day - practice gratitude

**27** Write down 10 things that you love about your body

**28** Set a 4-week fitness goal and tell someone about it