

14 Day Challenge

Are you up to the challenge? In addition to your fitness classes, I am challenging you to get in some extra exercise and healthy habits during your session. Each day consists of a nutrition challenge and a fitness challenge. Simply check it off as you complete the task and at the end of 14 days, hand in to me for a chance to win a fab prize!

DAY	NUTRITION	FITNESS
1	Eat protein with breakfast <input type="checkbox"/>	Do 25 Push ups <input type="checkbox"/>
2	Eat 2 servings of veggies at every meal <input type="checkbox"/>	Do 50 sit ups <input type="checkbox"/>
3	Drink only water or herbal tea <input type="checkbox"/>	Do 50 push ups <input type="checkbox"/>
4	Do not eat after 8pm <input type="checkbox"/>	Do 100 sit ups <input type="checkbox"/>
5	Pack your lunch <input type="checkbox"/>	Go for a 30 minute walk <input type="checkbox"/>
6	Drink 8 glasses of water before 1pm <input type="checkbox"/>	Do 50 Burpees and 25 push ups <input type="checkbox"/>
7	No processed or packaged foods <input type="checkbox"/>	Do 50 burpees and 50 sit ups <input type="checkbox"/>
8	Eat protein with breakfast <input type="checkbox"/>	50 jump squats <input type="checkbox"/>
9	Try a new veggie (what is it?) _____ <input type="checkbox"/>	50 Push ups & 100 Jacks <input type="checkbox"/>
10	Plan and prep your meals for the following day <input type="checkbox"/>	Go for a 30 minute walk / jog (Walk 1 minute / jog 1 minute) <input type="checkbox"/>
11	Follow your meal plan from previous day <input type="checkbox"/>	50 Lunges & 50 jump lunges <input type="checkbox"/>
12	Drink only water and herbal tea <input type="checkbox"/>	100 Push ups & 100 sit ups <input type="checkbox"/>
13	Eat 2 servings of veggies at every meal <input type="checkbox"/>	100 Burpees <input type="checkbox"/>
14	Try a new healthy recipe (what is it?) _____ <input type="checkbox"/>	Go for a 40 minute walk <input type="checkbox"/>