



SIMPLE AND GOOD
ENTERPRISE

W.O.O.D. CHALLENGE

WORKING ON OURSELVES DAILY

Daily activities that will lead to a lifestyle of good health and fitness.

Using a holistic approach to: losing fat, preparing good tasting food/meal choices, addressing muscle/joint discomfort, performing functional movements and stimulating mental & emotional health.

LEVEL 1

MONTHLY ACTIVITY before the first 28 days are complete		HELPFUL TOOLS
TRY SOMETHING NEW Eat 1 new fruit you've never had before	<input checked="" type="checkbox"/> _____ <small>list fruit here</small>	Sal-smoo recipe book
REMOVE THE CLUTTER Clean 1 room from top to bottom	<input checked="" type="checkbox"/> _____ <small>list room here</small>	Wedge Kit
APPRECIATE YOUR ELDERS Take photo w/ 65+ yr old person	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	Netjeru drink (bottled, mason jar or powder)
BRUSH IT OFF Dry skin brush <i>(video)</i>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	Dry skin brush
WEEKLY ACTIVITY	WEEK 1	WEEK 2
DRINK WATER 24-32 oz within 3 hours after waking	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
EAT UPON WAKING Small snack (fruit, nuts, seeds) within 30 mins of waking	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
SAL-SMOO BEFORE NOON DRINK A NON-DAIRY SMOOTHIE EAT A MEATLESS SALAD	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
PREPARE SMOOTHIES <i>(video recipes)</i>	GREEN <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	RED <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
BREAKFAST Prescribed recipe <i>(photo/video)</i>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
HUG Exchange good energy (20 full seconds)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
LUNCH Prescribed recipe <i>(photo/video)</i>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
WEDGE Your Body <i>(videos)</i>	CORE - PSOAS/ILLIAC (12 mins) <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	BACK (12 mins) <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
EXERCISES Active Fitness Training (AFT) <i>All exercises have a corresponding video to follow, please view on challenge page</i>	DEAD BUG (10 reps) with arm/hand extension	DEAD BUG (5 reps) w/ arm/hand extension
	PUSH-UP NEGATIVES (10 reps)	PUSH-UP NEGATIVES (5 reps)
	SCAPULAR RETRACTIONS (10 reps; 5-0-3 tempo)	SCAPULAR RETRACTIONS (5 reps; 5-0-3 tempo; video)
	<input checked="" type="checkbox"/>	CROSS KICK w/ ROLL & PUSH-UP (10 reps; video) BACK FLY'S (20 reps; w/ forehead in towel) <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
DINNER Prescribed recipe <i>(photo/video)</i>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
BREATHE Perform nightly (20 breaths)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
SAVE Put 50 cents aside everyday	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

BOXES INDICATE NUMBER OF DAYS PER WEEK THIS ACTIVITY SHOULD BE DONE, CHECK ONCE COMPLETED