

W.O.O.D. CHALLENGE

WORKING ON OURSELVES DAILY

LEVEL 1

WEEKLY ACTIVITY	WEEK 3	WEEK 4
 DRINK WATER 24-32 oz within 3 hours after waking	✓ ✓ ✓ ✓	✓ ✓ ✓ ✓ ✓
 EAT UPON WAKING Small snack (fruit, nuts, seeds) within 30 mins of waking	✓ ✓ ✓ ✓ ✓ ✓ ✓	✓ ✓ ✓ ✓ ✓ ✓ ✓
 SAL-SMOO BEFORE NOON DRINK A NON-DAIRY SMOOTHIE EAT A MEATLESS SALAD	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
 PREPARE SMOOTHIES <i>(video recipes)</i>	BLUE ✓ ✓	ORANGE ✓ ✓
 BREAKFAST Prescribed recipe <i>(photo/video)</i>	✓	✓
 HUG Exchange good energy (20 full seconds)	✓	✓
 LUNCH Prescribed recipe <i>(photo/video)</i>	✓	✓
 WEDGE Your Body <i>(videos)</i>	GLUTES, IT BANDS & QUADS (18 mins) ✓ ✓ ✓	HAMSTRING, CALVES & FEET (18 mins) ✓ ✓ ✓
 EXERCISES Active Fitness Training (AFT) <i>All exercises have a corresponding video to follow, please view on challenge page</i>	DEAD BUG (5 reps) with arm/hand extension	DEAD BUG (5 reps) w/ arm/hand extension
	PUSH-UP NEGATIVES (5 reps)	PUSH-UP NEGATIVES (5 reps)
	SCAPULAR RETRACTIONS (5 reps; 5-0-3 tempo)	SCAPULAR RETRACTIONS (5 reps; 5-0-3 tempo)
	CROSS KICK w/ ROLL & PUSH-UP (5 reps - video)	CROSS KICK w/ ROLL & PUSH-UP (5 reps)
	BACK FLY'S (20 reps; w/ forehead in towel)	BACK FLY'S (10 reps; w/ forehead in towel)
	HEEL ELEVATED DEEP SQUAT (20 reps)	HIGH ELEVATED DEEP SQUAT (10 reps)
	PELVIC TILT/BRIDGE (20 reps)	PELVIC TILT/BRIDGE (10 reps)
	✓ ✓ ✓ ✓ ✓ ✓ ✓	✓ ✓ ✓ ✓ ✓ ✓ ✓
 DINNER Prescribed recipe <i>(photo/video)</i>	✓	✓
 BREATHE Perform breathing exercises nightly (20 breaths)	✓ ✓ ✓ ✓ ✓ ✓ ✓	✓ ✓ ✓ ✓ ✓ ✓ ✓
 SAVE Put 50 cents aside everyday	✓ ✓ ✓ ✓ ✓ ✓ ✓	✓ ✓ ✓ ✓ ✓ ✓ ✓



For more information, and to sign up, visit us:

WOODChallenges.com

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