

90 Day Challenge

Each challenge is 30 days and broken into 3 parts, 30, 60 and 90 day challenges, for a total of 90 days.

The challenger must reach the number of minimal daily achievements, or they will have to start the challenge over from their current part. A final score is added to see which challenger has the highest amount of achievements. ß

After the 30 day challenge is complete you will advance to the 60 day challenge, and finally the 90 day challenge.

30 day: Bronze

**Achieve at least 5/7 challenges per day.*

1-Water intake. Weight x 0.5 = # oz. of water required.

2-Sleep. Have a good night's rest, estimated minimal sleep time is 7 hours 30 minutes.

3-Food. Eat at least 8 servings of fruits and vegetables. **An example of serving sizes, (1 cup of raw leafy vegetables (about the size of a small fist), 1/2 cup of other vegetables or 1/2 cup of vegetable juice.*

Fruits: 1 medium fruit (medium is defined as the size of a baseball); 1/2 cup chopped, cooked or canned fruit).

4-Drills. Minimum of 10 minutes of assigned drills.

5-Workout. Minimum of 30 minutes of physical activity.

6-No consumption of alcohol or smoking. **Exception: one 5 oz glass wine per day with meal.*

7-Self. Focus 30 minutes on something that puts your mind at rest, this includes meditation, reading, hiking, fishing, and bathing, etc. **as an individual, you can choose any healthy fulfillment.*

60 day: Silver

**Achieve at least 6/8 challenges per day.*

1-Water intake. Weight x 0.5 = # oz. of water required.

2-Sleep. Have a good night's rest, estimated minimal sleep time is 7 hours 30 minutes.

3-Food. Eat at least 9 servings of fruits and vegetables. **Example of serving sizes: 1 cup of raw leafy vegetables (about the size of a small fist), 1/2 cup of other vegetables or 1/2 cup of vegetable juice.*

Fruits: 1 medium fruit (medium is defined as the size of a baseball) or 1/2 cup chopped, cooked or canned fruit.

4-Drills. Minimum of 15 minutes of assigned drills.

5-Workout. Minimum of 45 minutes of physical activity.

6-No consumption of **alcohol** or **smoking**. **Exception: one 5 oz glass wine per day with meal.*

7-Self. Focus 30 minutes on something that puts your mind at rest, this includes meditation, reading, hiking, fishing, and bathing, ext. **as an individual, you can choose any healthy fulfillment.*

8-No consumption of any “**junk food**” this includes candy, chocolate bars, chips, pretzels, cookies, cakes, ice-cream, pop, microwavable packaged foods, and fast food.

90 day: Gold

**Achieve at least 7/9 challenges per day.*

1-Water intake. Weight x 0.5 = # oz. of water required.

2-Sleep. Have a good night’s rest, estimated minimal sleep time is 7 hours 30 minutes.

3-Food. Eat at least 10 servings of fruits and vegetables. **Example of serving sizes: 1 cup of raw leafy vegetables (about the size of a small fist), 1/2 cup of other vegetables or 1/2 cup of vegetable juice.*

Fruits: 1 medium fruit (medium is defined as the size of a baseball) or 1/2 cup chopped, cooked or canned fruit).

4-Drills. Minimum of 20 minutes of assigned drills.

5-Workout. Minimum of 60 minutes of physical activity.

6-No consumption of **alcohol** or **smoking**. **Exception: one 5 oz glass wine per day with meal.*

7-Self. Focus 30 minutes on something that puts your mind at rest, this includes meditation, reading, hiking, fishing, and bathing, ext. **as an individual, you can choose any healthy fulfillment.*

8-No consumption of any “**junk food**” this includes candy, chocolate bars, chips, pretzels, cookies, cakes, ice-cream, pop, microwavable packaged foods, and fast food.

9-Replace screen time with an **outdoor** activity, a minimum of 45 minutes.

☺ **Good Luck!** ☺