



# 21 Day Challenge

## Day 1

### Healthy Eating Challenge: Kitchen/Pantry Purge

First things first! Time to eliminate SAD (Standard American Diet) foods that may be lurking in your house. The goal for this is to purge as much as you feel comfortable with but know if you hold onto something, you are more likely to reach for it.

What has to go? Processed foods which are most foods which come in a box, bag and are sweet and delicious, Any snacks which you mindlessly snack on, anything that will derail you as you sit in front of the TV at night, sugary drinks, pretty much anything produced in a factory.

If you are interested in taking it a step further, you can look through your pantry and remove any vegetable or seed oils and any products made with these. Hold onto your olive oils, coconut oils, avocado oils, and other nut oils. Additionally, if you really want to challenge yourself, try to go gluten and grain free over the next 21 days. I will post a list of foods to focus on and not to focus on in the Facebook group if you want more details.

### Healthy Eating Challenge: Restock Preparation

Grab a few essentials at your local supermarket so you don't starve before tomorrow: eggs, veggies, fruit, nuts, and meat. Meanwhile, spend a little time on the telephone or Internet lining up the best locations for a proper shopping spree tomorrow. Get ready to storm your local farmer's market, co-op, or alternative grocer.

### Lifestyle: Prepping the Essentials

One of the best ways to ensure success with any health program is to set yourself up with the tools and resources you'll need to get—and stay—on track. Prepare for your 21-Day journey by having these essentials at the ready:

**Evening tools** (to help create a calm, ambient environment, which will encourage great-quality sleep):

- f.lux app for smartphones, tablets or computers (Mac)
  - Amber lensed glasses



## 21 Day Challenge

- Yellow-hued lightbulbs, candles

### Kitchen basics:

- A tidy fridge
  - Available space in the freezer
  - Cookbooks
  - A curated list of great culinary websites
  - Cookware
  - Spices

### Shopping resources:

- Local shops that offer quality protein and produce
  - Internet resources to order in the things you can't buy locally

### Workplace:

- Check out some options at work for quiet time and mini-workouts
  - What appliances are available to you at work?
  - Is there room in a spice cupboard for you to bring your own spices and oils?
  - Is there room in a fridge, cupboard or desk drawer for you to store some approved snacks?

### Exercise: Increase Daily Movement

Implement at least two basic non-exercise movements today – a morning walk with the dog, brief work breaks, a stroll before arriving home, or an evening stroll with the family after dinner.



# 21 Day Challenge

## Day 2

### Healthy Eating Challenge: Shopping Spree

Refer to the Approved Foods list (posted on the Facebook page) as your handy shopping list, and get filling your fridge, freezer, and pantry with your favorite items! Set yourself up for success by surrounding yourself with the foods to support you.

### Lifestyle: Calm, Relaxing Evening; and a Good Quality Sleep

Establish a screen curfew after dark, and dim the lights and/or use yellow lenses and bulbs after dark, too.

Take a 5-to-15-minute evening stroll, enjoy some family relaxation time (board game, cards, talking, reading).

Awaken early, hopefully near sunrise and without an alarm, but do the best you can.

Expose yourself to direct sunlight as soon as you wake up, and consider an energizing morning ritual (breathing and stretching exercises, cold water plunge, hot shower, neighborhood stroll), if you are not the morning type.

### Exercise: Moderate Duration Aerobic Workout

Determine “moderate duration” according to your typical workout routine—likely somewhere in the range of 20 to 60 minutes. Maintain a comfortable pace and keep your heart rate in the aerobic training zone, which can be easily calculated by using the formula *180 minus your age*. This can be tracked by heart rate monitor, fitness tracker, or a few pulse checks during the session.



# 21 Day Challenge

## Day 3

### **Healthy Eating Challenge: Plan a Celebration Dinner**

Extend invitations to friends and loved ones to come over for an authentic home-cooked meal on Day 6. Or, consider a potluck event where guests agree to bring approved, homemade offerings. Take your time planning a creative menu and compiling a shopping list for recipe ingredients. Purchase the foods at a convenient time over the next couple days.

If you don't feel like entertaining, celebrate with yourself, significant other, or family.

### **Healthy Eating Challenge: Boycott Industrialized Food**

Strive to completely avoid eating at fast food chains or any other processed or frozen meals from multinational food corporations—today, and for the duration of your 21-Day challenge.

Today, make a specific statement in favor of your health and against the industrialization of food by planting a few seeds in your backyard garden, finding healthy local or direct-order alternatives to mainstream sources, or perhaps selling off any holdings you have in Nabisco or McDonald's!

### **Lifestyle: Play**

Take a spontaneous play break for at least 20 minutes today. Make plans for a grand play outing on Day 6; invite family/friends, schedule lessons/rentals, and make all possible advance preparations for a weekend adventure.

### **Exercise: Full-Length Essential Movement Workout**

Begin with an easy five-minute warmup of easy cardiovascular exercise, and then complete 2-3 sets of maximum repetitions of pushups, squats, pull-ups, and abdominal planks.

\*\*\*Tip: Keep track in a notebook to try to beat your efforts later in the challenge.



# 21 Day Challenge

## Day 4

### Healthy Eating Challenge: Honor Hunger

Instead of eating in a regimented pattern guided by the clock, allow hunger sensations to guide your eating habits today. See how long you can last in the morning until you detect actual hunger sensations kicking in, or until energy levels dwindle slightly. Then, enjoy a delicious protein focused meal, eating enough to feel satisfied but not full. Avoid overeating by asking yourself, “am I really hungry for another bite, or have I had enough?”

Go about your day until you again notice hunger sensations, cravings, or diminished energy requiring calories. Enjoy a delicious lunch or snack, then repeat the process in the evening. This exercise will help strengthen your intuitive eating habits and prepare you for the Intermittent Fasting challenges coming later, when you are more adapted to eating this way.

Also, notice the difference between a craving and actual hunger.

### Lifestyle: Standup Work Station

If you are an office worker or otherwise work for long periods while seated, modify your work environment so that you can engage in periods of standing up. Grab a few reams of paper, some file boxes, or anything else handy to elevate your keyboard and monitor. If you work on a large corporate campus, you may be able to ask the facilities department to install a high shelf in your cube or office.

Try to stand up for as long as comfortably possible before returning to a seated position. Take repeated cracks at it after sufficient rest periods. If possible, remove your shoes while you stand to get a barefoot experience.

### Exercise: Aerobic Adventure

Conduct an extended duration aerobic workout at your aerobic heart rate training zone, calculated using the formula  $180 \text{ minus your age}$ . Try something new: rent a stand-up paddleboard, a pair of snowshoes, inline skates, or a mountain bike. Be safe, but step outside of your comfort zone, especially if most of your aerobic exercise is on gym machines.



# 21 Day Challenge

## Day 5

### Healthy Eating Challenge: Modern Foraging

Dine out for a meal or two and see how well you can stay aligned.

Sharpen your assertiveness skills if you have to negotiate with the restaurant to alter their menu.

### Lifestyle: Active Couch Potato Rebellion

Don't go longer than 30 minutes today without taking a movement break of 2-5 minutes. If you endure a long commute, exit the expressway halfway through and romp around in a park or field for a few minutes – what do you think about this? Even if you're watching a good DVD, you can bust out some plank and squat sets to honor this challenge.

### Exercise: Abbreviated Essential Movement Workout

Begin with an easy five-minute warmup of easy cardiovascular exercise, then do 1-2 sets of maximum reps for each of the four Essential Movements: Squats, pullups, pushups, and plank. Go until your muscles fail on each exercise and take enough rest between exercises to return your breathing to normal.



# 21 Day Challenge

## Day 6

### Healthy Eating Challenge: Celebration Dinner

Shop for ingredients if you have not done so yet, prepare recipes, and enjoy your celebration.

Savor every bite and establish a tradition of social gatherings and delicious food. After the meal, if weather permits, encourage everyone to take a stroll outdoors for at least 10 minutes. A leisurely evening walk promotes efficient digestion, helps relax mind and body after a busy day, and facilitates an easy transition into a good night's sleep later in the evening.

### Lifestyle: Listening Challenge

At your dinner party, conversation will likely drive to the impetus for the event and your efforts to embark on this change. Challenge yourself to be an exceptional listener this evening. Instead of commanding the floor and providing a blow-by-blow of your exciting journey, continually direct the attention and dialog back to others. Focus on gathering information and insights that may help you become an effective guide and mentor for those who may someday aspire to their own 21-Day challenge. Notice how energy and attention subtly shifts from one person to another during a gathering, and do your best to support and encourage others to communicate freely.

### Exercise: Extended Duration Aerobic Workout

Conduct an extended duration aerobic workout at your aerobic heart rate training zone (180 - age), lasting at least an hour and up to several hours, if you have the fitness base.



# 21 Day Challenge

## Day 7

### Healthy Eating Challenge: Intuitive Meals

On the heels of your well-planned dinner celebration, anything goes today. Eat whatever foods you feel like eating without regard to cultural breakfast, lunch or dinner traditions. Perhaps you'll want last night's leftovers for breakfast? An omelet for dinner? Dark chocolate and macadamia nuts for a midday snack?

If you feel compelled to indulge in a non-approved old favorite, go ahead and do so. Pay close attention to how your comfort food makes your body feel, including any unpleasant after-effects. See if you notice any emotional influence in your eating habits that might be compromising your health.

For every bite you take throughout the day, focus on the enjoyment of the experience. Let go of any feelings of guilt, anxiety, or other negative emotions associated with eating. From now on, your job is to attain maximum pleasure from your food choices each day.

### Exercise + Lifestyle: Grand Play Outing

You planned this outing back on Day 2, and the time has come to play! Kayak, rock climb, bicycle, picnic, hike, play Ultimate Frisbee, horseshoes, soccer, basketball, or anything else that's fun, active, and celebrates the great outdoors with family and friends!





# 21 Day Challenge

## Day 8

### Healthy Eating Challenge: No Labels Challenge

Conventional Wisdom suggests you scrutinize the government-mandated “Nutrition Facts” labels on all packaged foods – watching your fat grams, RDA percentages, or sugar/carbohydrate ratios.

Today your challenge is to give Nutrition Facts the boot by avoiding any foods that have a label on them! Emphasize local produce, farm-fresh animal products, homemade nut butter or jerky, and other non-industrialized options. Take the challenge as far as you like. While no one will scorn you for eating a carrot, see if you can find fresh carrots over sliced, washed, and bagged options, and pastured eggs from a local farmer over a commercially-produced carton of eggs.

### Lifestyle: Tiptoe Into the Barefoot World

Try to go barefoot or use minimalist footwear for at least 60 minutes today. Let your feet breathe and become re-engaged in the act of walking, jogging, and supporting your standing weight. If you have no experience, start gradually by simply walking about the house barefoot. When you become comfortable, you can introduce brief bouts of barefoot workout time.

### Exercise: Sprint Workout

Scale your effort to your experience with sprinting. If this is your first attempt, try a no- or low-impact exercise and make your hard efforts about 80 percent of maximum. If you have a decent level of comfort and experience, sprint at 90 percent of maximum effort. Be sure to warm up and cool down effectively and keep the emphasis on quality instead of quantity.



# 21 Day Challenge

## Day 9

### Healthy Eating Challenge: Track Macronutrient Intake

It may be helpful to occasionally complete an exercise where you track your caloric and macronutrient intake through an online calculator. Most importantly, you must obtain adequate protein calories to preserve or build muscle tissue, and keep your carbohydrate intake in line with your body composition goals: 50-100 grams per day for fat loss, and 100-150 to maintain ideal body composition. Please note that this is very individualized and a rough estimate for general use.

Proceed with this exercise as follows: Write down everything you eat for an entire day. Use measuring tools (cup with  $\frac{1}{4}$  marks, tablespoon, ounces scale) to obtain accurate quantities. Carry around a small notepad so you don't forget anything. Download a macro tracker smartphone app, like My Fitness Pal, create a free account, and begin inputting your foods into their data base. After inputting all of your foods, the app will produce a simple pie chart with tabulations for daily protein, carbs, fat, and total calories. Your data will be saved in their data base and you can repeat the exercise whenever you want to generate more daily reports.

### Lifestyle: Media Fast

Ingest all of your news and information today during 10-minute time blocks in the morning and in the evening. Take this challenge seriously and try – just for a single day – to refrain from exposing yourself to a constant stream of distracting information and entertainment tidbits throughout the day. During your 10-minute sessions, be pro-active by choosing your favorite media resources, scanning headlines quickly, and reading only stories of sincere interest to you.

This challenge may reveal how distracting a typical day might be when you fail to discipline yourself against constant and overwhelming digital stimulation. Hopefully you will build some awareness, battle against overstimulation, and sharpen your focus on peak performance tasks.

### Exercise: Increase Daily Movement, Part 2



## 21 Day Challenge

Hopefully you've been making a concerted effort to leverage the challenges from Day 1 (increase daily movement), Day 2 (standup work station) and Day 5 (movement breaks every 30 minutes) to discover assorted ways to move more throughout the day.

Today I'd like you to double up your efforts to park purposefully far away, eschew elevators and escalators, walk or cycle instead of drive, go no longer than 30 minutes without a brief movement break, stand instead of sit, take mini play breaks, and implement any other creative movement ideas into your routine.



# 21 Day Challenge

## Day 10

### Healthy Eating Challenge: Eating Environment

Today you will focus on creating an optimal eating environment for all meals. No more wolfing food on the go – even if it’s aligned with your goals! Take the time to create attractive place settings and calm, quiet environments dedicated to eating only. Eliminate all distractions such as computers, television, and high-energy music. Refrain from reading newspaper or magazines while eating. Instead, focus on quiet conversation with your eating companion(s), or self-reflection if alone.

Make a concerted effort to slow the pace of your eating. Chew eat bite completely to facilitate good digestion and maximum satisfaction. Taking 20-30 bites will enable the enzymes in your saliva to lubricate food for easy transportation through the esophagus, and break down macronutrients for efficient digestion in the stomach.

### Lifestyle: Email Fast

Engage in email correspondence only during specified morning and afternoon time periods of 30 minutes or less. Between these efforts, disengage from your email server and pursue focused, productive tasks without succumbing to distraction. Even a heavy hitter should be able to completely canvass an inbox and reply to key messages in less than 30 minutes.

Prioritize your emails as follows: first, filter your inbox by mass-deleting any correspondence that was not solicited and/or not important. Next, overview your remaining messages to identify urgent and/or highest priority messages. A quick look at the sender, subject line or first few lines of text in preview mode will help achieve this quickly. Use email tools (star, flag, etc.) to highlight these messages if desired, then proceed through them in approximate order of priority. Finally, handle low priority - but necessary - correspondence with succinct replies and clearly defined responses such as “yes,” “no, sorry,” or “I’ll have that for you by Friday.” This will help maintain positive working and social relationships without draining excessive time from higher priority tasks.

### Exercise: Workout of the Week



## 21 Day Challenge

Today you will combine the Essential Movement exercises with some sprinting and plyometrics to produce the following fun and challenging session. The distances and rest intervals suggested are chosen according to your fitness level.

1. **Pushups** (or appropriate pushup progression exercise): one set maximum reps
2. **Sprint:** immediately sprint 40-80 meters
3. **Rest:** 30-60 seconds
4. **Pullups** (or appropriate progression exercise): one set maximum reps
5. **Bunny hops** (feet together for takeoff and landing): hop for 20-40 meters
6. **Rest:** 30-60 seconds
7. **Squats** (or appropriate squat progression exercise): one set maximum reps
8. **Sprint:** immediately sprint 40-80 meters
9. **Plank:** one set maximum time

**\*\* Advanced Addition: Sprint/Bunny hop combo.** After planks, immediately sprint 80 meters, turn and bunny hop halfway back (about 40 meters), then walk the remaining 40 meters to your starting point. Rest 30 seconds, then repeat.



# 21 Day Challenge

## Day 11

### Healthy Eating Challenge: Create a Recipe

Concoct your own entrée, writing down all the ingredients and measuring portions for future reference. If the first go-round is not quite right, revise the recipe and repeat the exercise tomorrow.

### Lifestyle: Work Peak Performance

Start your workday by carefully creating a to-do list with tasks ranked in order of priority. Methodically proceed through each task with undivided attention. If a phone call brings an urgent request from your boss requiring an hour of work, revise your to-do list accordingly and stick to the renegotiated plan.

During this exercise, you may notice how easily you are pulled away from your priorities by unrelenting stimulation. Resolve to honor your to-do list for the duration of the day. While it does take a bit of extra diligence and preparation time to be proactive instead of reactive at work, building these skills can dramatically reduce stress and increase productivity.

### Exercise: Moderate Duration Aerobic Workout

Go 20-60 minutes at your aerobic heart rate zone of  $180 - \text{age}$ .



# 21 Day Challenge

## Day 12

### Healthy Eating Challenge: Go Coco-nuts

Purchase an arsenal of coconut products and prepare a coconut-focused recipe or two. Coconut oil can replace PUFA oils for cooking. Coconut flour is an excellent substitute for any flour recipe, including pancakes (it is NOT a 1:1 replacement however). Coconut milk is a delicious milk substitute, great to pour on berries, drink straight, blend into a smoothie, or agitate into a whipped cream. Coconut flakes are versatile recipe and meal accoutrements. All can be found at a decent health food store or in the ethnic foods department of a quality supermarket.

### Lifestyle: Nurture Your Intimate and Social Circles

Schedule a family social gathering with no digital stimulation or distractions. Enjoy conversation, exercise/sports/leisure/play sessions, board games, art projects, and other endeavors that you can do together. Schedule a lunch or quick morning coffee with a business associate whom you typically interact with via digital communication. Finally, disconnect from all social media and strictly limit consumption of digital media as you did on Day 9 to allow for more meaningful and prolonged social interaction.

### Exercise: Essential Movement Workout

Remember to warm up! Then choose an abbreviated or full session depending on your energy and motivation level today. Go until your muscles fail on each exercise, and take enough rest between exercises to return your breathing to normal.

Essential Movements: Squats, pullups, pushups, and plank.



# 21 Day Challenge

## Day 13

### Healthy Eating Challenge: Top of Spectrum

Today your challenge is to acquire a food ranked at the top of the spectrum in each food category as follows:

- Local, pasture-raised/grass-fed meat or fowl. Failing that, find some certified organic meat.
  - Local, pasture-raised eggs. Failing that, find some certified organic eggs.
  - Wild-caught fresh fish or oily, cold water canned fish.
  - Locally grown produce. Failing that, find some certified organic produce grown domestically.
  - Macadamia nuts – raw or dry-roasted.
  - Domestically grown extra-virgin, first cold-press olive oil.
  - Raw, fermented, unpasteurized, grass-fed dairy products (cheese, butter, cream cheese, ghee, kefir, whole milk, yogurt).
  - Indulgences: If you are compelled to indulge, find some high-quality red wine and/or dark chocolate at 75 percent cocoa content or higher.

### Lifestyle: Get Adequate Sunlight

This challenge is ideal for the summer months with relatively strong sunlight. If this is impossible to tackle today, review the material and try the challenge when the weather allows. Getting outside no matter the season is good for the soul.

Vitamin D plays a critical role in regulating healthy cellular function, yet widespread deficiency occurs in the developed world due to sedentary indoor lifestyles

Vitamin D experts recommend you obtain around 4,000 International Units (I.U.) per day, but the SAD provides only around 300 I.U. per day, and the vaunted glass of milk provides only around 100 I.U. per day. By contrast, 20-40 minutes of direct sunlight can produce around 10,000 I.U. of vitamin D, which can easily be stored in your cells for future use.

### Exercise: Moderate Duration Aerobic Workout

Conduct a moderate duration aerobic workout at a your aerobic heart rate training zone (180 - age). Explore a new exercise today, or repeat an activity you enjoyed from your adventure day, back on Day 6!





# 21 Day Challenge

## Day 14

### Healthy Eating Challenge: Macro Analysis

Whip out your notepad and do another macronutrient analysis of everything you eat, paying particular attention to hitting between 50 and 100 grams of total carbohydrate intake . Accept this challenge even if you don't have fat reduction goals.

### Healthy Eating Challenge: Intermittent Fast Alert

Tomorrow your challenge will be to Intermittent Fast from tonight's dinner to as long as you can comfortably last without eating tomorrow. The essence of the exercise is to check how fat-adapted you have become by following up a day of carb restriction with an Intermittent Fast. Honor the spirit of the challenges and don't react to this advance warning by pigging out tonight!

### Lifestyle: Reflection

Take some time to reflect in detail about your second week of the 21-Day challenge. Share your thoughts!

### Exercise: Rest Day

Take a break from exercise today, and reflect upon how planned rest periods—even if you are feeling great—are an essential element of an effective exercise program. Harness your energy for some challenging sessions coming up!



# 21 Day Challenge

## Day 15

### Healthy Eating Challenge: Intermittent Fast #1

You should be reasonably fat-adapted at this point and able to succeed with this challenge at some level if you have been limiting your carbs. You shouldn't be famished upon awakening, particularly since yesterday's challenge was to minimize carb intake/insulin production. Your fast will run from last night's dinner for as long as you can last today without calories. When you experience strong sensations of hunger or diminished energy levels, enjoy a delicious and satisfying meal focused on quality protein.

### Lifestyle: Cave Time

Take 30-60 minutes of solo time today where you disengage from digital stimulation, other people, and all other influences of the civilized world. A hike is an awesome option, but meditating on a park bench is just fine too. Get some space, slow down your thoughts and just relax and reflect.

### Exercise: High – Intensity Challenge

Ready for another exciting high-intensity challenge? Here's a custom-designed favorite. See how you like it!

Novice exercisers choose the shorter distance and easier Essential Movements; vice-versa for advanced exercisers. Really advanced exercises can tackle this with a weighted vest if you dare...

Take 30-60 seconds rest between exercises to catch your breath.

1. **Start with a warmup**
2. **Pushups:** One set, maximum reps. Advanced exercises can do decline pushups.
3. **Bunny hop/lunge walk:** 25 or 50 meters, down with bunny hops, back with lunge walks. 30-seconds rest before return trip.
4. **Pullups:** One set, maximum reps.
5. **Stairs or Hopping drill:** Attack the stadium stairs, or simply jump for joy. Complete a maximum-reps set of plyometric jumps of some fashion.
6. **Plank:** Maximum time to failure at appropriate plank progression exercise.



Whole Body Wellness  
*by Kendra*

## 21 Day Challenge

7. **Sprint:** 2 x 50 or 75 meters. 15-second rest before return trip.
8. **Squat:** One set, maximum reps. Why did I put this last? Oh man, good luck with that!

Repeat 2-3 times 😊



# 21 Day Challenge

## Day 16

### Healthy Eating Challenge: Go Local

Strive to obtain half or more of your calories from local sources today. Hopefully you can take advantage of a farmer's market to enjoy some great produce and animal products over the next few days.

### Lifestyle: Calm, Relaxing Evening #2

Up the ante from your Day 2 challenge by making an even more dramatic effort to have a mellow evening. Completely refrain from screen time this evening in favor of a family board game or reading. Linger at the dinner table for conversation in true European style instead of rushing off to digital entertainment. Take an extended neighborhood stroll of 15-30 minutes to enjoy some fresh air, open space, and casual conversation or self-reflection. Get by on a minimum of artificial light after the sun sets, and get to sleep early in a dark, quiet, relaxing room.

Tomorrow, wake up as close as possible to sunrise and immediately expose yourself to direct sunlight. Choose an energizing morning ritual: breathing and stretching exercises, a brief neighborhood stroll, cold water plunge, or an abbreviated Essential Movement workout if you are so inclined.

### Exercise: Moderate Duration Aerobic Workout

Exercise for 20-60 minutes at your aerobic heart rate training zone (180 - age). Note that the previous 16 days have involved a pretty ambitious exercise regimen. If you have been significantly exceeding your normal level of exercise, take the rest you need to produce a strong finish over the final five days. If this means skipping today's workout and hitting the minimum recommended range for future aerobic workouts, that's fine.



# 21 Day Challenge

## Day 17

### Healthy Eating Challenge: Modern Foraging #2

Escalate your challenge from Day 5 by eating all of your meals outside of the home and staying aligned with your goals. Seek out a new restaurant or market and navigate the offerings to create approved meals.

### Lifestyle: Reach Out

Discover an open-minded and deserving family member or friend who might be receptive to making some healthy changes. Engaging with someone about lifestyle change is a sensitive issue and must be handled accordingly. The operative word here is "receptive," which is easy to determine in a brief conversation. If you approach this challenge with an "intervention vibe," you are likely to be rebuffed. Instead, take a casual, positive approach by inviting your friend to join you for a workout, or a meal at your home. Offer information, guidance, and camaraderie on-demand so your friend can control the dynamics of this journey. And hey, if no one comes to mind immediately, don't force it. Keep this challenge in the back of your mind and try it when the time is right.

### Exercise: Full-Length Essential Movement Workout

2-3 sets, maximum reps of the four EMs. Go until your muscles completely fail on each exercise, and take enough rest between exercises to return your breathing to normal. If you are feeling a bit tired or sore, reduce this session to an Abbreviated EM, and/or complete 75 percent of your estimated reps till failure (e.g. – do 15 pushups if 20 is failure).



# 21 Day Challenge

## Day 18

### Healthy Eating Challenge: Kitchen/Pantry Purge #2

Take a final sweep of the premises and get rid of any offenders still hanging around. If you are juggling the interests of a significant other, kid(s) or roommate(s), see if you can arrange specific shelves in order to sharpen your focus.

### Lifestyle: Use Your Brain

Today you will take the initial steps to pursue a creative intellectual challenge that provides a refreshing break and balance to the responsibilities of hectic daily life. Sign up for lessons in a foreign language, a musical instrument, or dancing. Start a jigsaw or crossword puzzle right now, write a short story, or initiate a home improvement or landscaping project. Try anything else outside of your comfort zone that sounds interesting and challenging!

Also, figure out ways throughout the day to keep your brain challenged and stimulated. Replay a song on your iPod to memorize the lyrics, bust out your school yearbook and try to recall the names of long lost fellow students, or use your head instead of a calculator to add up numbers.

### Exercise: Moderate Duration Aerobic Workout

Exercise for 20-60 minutes at your aerobic heart rate training zone (180 - age). Rest or hit the minimum if you are a bit tired or sore.



## 21 Day Challenge

### Day 19

#### Healthy Eating Challenge: Go Local #2

Strive to obtain an estimated two-thirds of your calories from local sources. Shop at the right places, eliminate processed products, and try to identify the source of everything that enters your mouth today. Keep an eye toward local in the future and see if you can maintain a high percentage of caloric intake from local sources.

#### Healthy Eating Challenge: – I.F. Alert

Heads up, tomorrow your challenge will be to Intermittent Fast from tonight's dinner to as long as you can comfortably last without eating tomorrow.

#### Lifestyle: Mini Play Breaks

Take three spontaneous play breaks lasting 5-15 minutes today. Get up from your desk or out of your car and exercise your free spirit. Find a kid, animal, or co-worker and toss a ball, kick a can, or climb a fence. Look around and notice how possibilities abound – even in the drabest of office parks or the most crowded airports!

#### Exercise: Sprint Workout

Step up the intensity to between 90-100 percent of maximum effort. Go all-out if you have the experience and are structurally sound enough to handle it.



# 21 Day Challenge

## Day 20

### Healthy Eating Challenge: Intermittent Fast #2

Repeat the challenge and see if you can last any longer. Remember, this is not a pressure-packed suffer-fest, but rather a simple intuitive exercise to resist eating until you are actually hungry.

### Lifestyle: 10 Changes

Compile a list of things you do today that represent a distinct transition from your pre-challenge lifestyle behaviors. For example, awakening early and getting some sunlight, eating a low insulin-producing breakfast, taking a break for movement or play, standing up while working, disciplining your use of email, moderating heart rate during an aerobic workout, dimming the lights and donning yellow lenses after dark, and so on.

Can you get the list up to 10? How about 15? 20? Enjoy the challenge and see if you can appreciate the accumulating benefits of transforming to a healthy lifestyle.

### Exercise: Extended Duration Aerobic Workout

Conduct an extended duration aerobic workout at your aerobic heart rate training zone (180 - age), lasting at least an hour, and up to several hours if you have the fitness base.





# 21 Day Challenge

## Day 21

### Healthy Eating Challenge: Sensible Indulgences

Make a list of non-approved foods, beverages, or habits that have been the most difficult to manage during your challenge. Still have a hankering for that morning scone at the coffee house, or a late-night spoonful (or two, or twelve) of ice cream? Heighten your awareness of any shortcomings, accept them without judgment or negativity, and formulate a plan to make your indulgences more sensible.

If you are a chocoholic, can you swap out milk chocolate products for dark chocolate? Can the rich, satisfying taste of a homemade smoothie take the place of a coffee house baked good when you need a quick morning snack on the go? Can beef jerky and apple slices take the place of a commercial energy bar when an afternoon lull hits? Can you smuggle a baggie of macadamia nuts into the movies to replace absent-minded scarfing of popcorn? If these replacement suggestions don't fly, can you in fact appreciate a slice of cheesecake once a month without feeling guilty and diving into a five-day sugar binge? Maintain a positive mindset, focus on pleasure and satisfaction, and see if you can find ways to tweak your indulgent habits without feeling deprived or frustrated.

### Lifestyle: Reflection

Take some time to comment in detail about your third week of challenges, and your entire 21-day journey.

### Exercise: Full-Length Essential Movement Workout

Complete a full-length Essential Movements workout consisting of a 5-minute warmup period of easy cardiovascular exercise, and 2-3 sets of maximum repetitions of pushups, squats, pullups, and planks.