

Week 3

Giving it all you got!

- Drink 80 oz of water at least 5 days

- 3 Cardio Sessions. *20 minute minimum. Warmup and cooldown can be included.

- 3 Strength Sessions. * 20 minute minimum. Warmup and cooldown can be included. Don't forget your core!

- Practice Clean Eating. Minimally processed foods at least 12 meals. *You can get into the weeds discussing what counts as "processed". As a general rule single ingredient items are good to go (fruits, veggies, meats, rice, oats, nuts), items that include 2-3 ingredients, that you know, are likely safe (think Greek yogurt, milk, cheese) fats like avocado oil or olive oil are fine. Stay away from items with additives like sugar, syrups, dyes, or preservatives (most bread items, most items in bags and boxes, most condiments)

- Organize or declutter something. *car, desk, drawer, cabinet etc.

- Dedicate 20 minutes to a warm up & stretch.

Not sure what some of these goals are? This is a great time to look them up and LEARN!

Week 4

Finishing Strong, a better version of yourself

- Drink 80 oz of water at least 5 days

- 80 Minutes of Cardio *accumulation of minutes throughout the week

- 80 Minutes of Strength *accumulation of minutes throughout the week

- Try something new. *new workout, new hobby, new class, new recipe, new bedtime routine etc

- Practice Clean Eating 4 full days, including no added sugar.

- Up your time spent stretching after each workout by 5 minutes. (20 extra minutes minimum)

Cardio is "any type of exercise that gets your heart rate up and keeps it up over a period of time".

Strength (resistance) exercise is "making muscles work against a weight or force".

"New" workout can also count for "Strength" or "Cardio" goal!