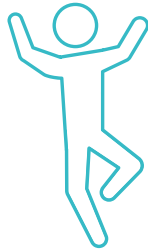




# Challenge checklist

Use this printable checklist to track your progress!



## Day 1

- |                  |                         |                          |
|------------------|-------------------------|--------------------------|
| <b>1.MOVE</b>    | Bodyweight box squat    | <input type="checkbox"/> |
| <b>2.FUEL</b>    | Drink 2 litres of water | <input type="checkbox"/> |
| <b>3.NOURISH</b> | 7-9 hours sleep         | <input type="checkbox"/> |

## Day 2

- |                  |                        |                          |
|------------------|------------------------|--------------------------|
| <b>1.MOVE</b>    | DANCE!                 | <input type="checkbox"/> |
| <b>2.FUEL</b>    | Distraction-free meals | <input type="checkbox"/> |
| <b>3.NOURISH</b> | Breathe                | <input type="checkbox"/> |

## Day 3

- |                  |                            |                          |
|------------------|----------------------------|--------------------------|
| <b>1.MOVE</b>    | Walk outs                  | <input type="checkbox"/> |
| <b>2.FUEL</b>    | Eat a hearty breakfast     | <input type="checkbox"/> |
| <b>3.NOURISH</b> | Practice positive thinking | <input type="checkbox"/> |