

## Me vs. Me Challenge Ideas

- Intermittent fasting (only eat between 12 PM – 8 PM)
- Only Drink Water (absolutely nothing else)
- No carbs/starches (bread, rice, pasta, beans, lentils, oats, potatoes, cakes, cookies, candy, ice cream, soda, diet soda, etc.)
- No alcohol intake at all this week
- At least 30 min of cardio everyday (7 days/week)
- Whole30 this week
- Keto this week
- At least 3 cycling classes this week
- Try a Pilates class this week
- Hot yoga @ least 3 times this week
- Fasted cardio @ least 3 times this week
- 10 minute stretch every morning
- 100 abs every night (body weight)
- No Bloat Goat every day on an empty stomach this week
- 10 minutes of meditation/reflection at the beginning and end of each day this week
- No screen time within 1 hour of waking up and 1 hour before going to bed
- Journal at the end of each day: (1) How your day went, (2) how you felt, (3) what you learned, (4) what you are grateful for, (5) what you'd like to achieve tomorrow.
- No eating out. Only eating/cooking at home.
- Track what you eat every single day this week. Use MyFitnessPal. Track how you feel each day. Use phone notes or anything always available to you.
- Get a massage this week
- Go meatless this week
- Replace your morning coffee with hot tea. Drink one glass of hot tea before bed.
- Try cooking at least 2 new recipes this week (healthy meals only)
- Meal prep this week. I know, it'll suck but cook meals whose leftovers you won't mind eating
- Plan each of your meals this week and stick to it.
- Take a hot bath at least twice this week
- At least 2 mindful breathing session every day this week.
- Go vegan this week
- Write at least 5 things I am grateful for at the end of each day
- Take the stairs at work every day
- 1 minute plank every day
- Get at least 7-8 hours of sleep each night
- Start your mornings phone free for at least 30 minutes
- Take an outdoor walk at least 3 times this week
- Go to bed 1 hour earlier than usual
- Eat mindfully. Take 3 deep breaths before meals. Eat with no distractions.
- Increase your ab routine by 20 reps on each set every day this week
- 20 minutes cardio followed by 15 minutes abs every day this week