

25 DAYS OF MACROS



"X" OFF EACH DAY YOU HIT YOUR MACROS. COMPLETE THE BONUS CHALLENGE JUST FOR FUN!

DAY BONUS CHALLENGE

- 1 DRINK HALF YOUR BODY WEIGHT IN OUNCES
- 2 PLAN YOUR MENU FOR THE WEEK
- 3 PRE LOG YOUR FOOD DIARY FOR TOMORROW.
- 4 WORK OUT OUTSIDE
- 5 GET 8 HOURS OF SLEEP TONIGHT
- 6 MEDITATE OR STRETCH FOR AT LEAST 5 MINUTES
- 7 GET 25G OF FIBER
- 8 DO SOMETHING NICE FOR SOMEONE WITHOUT TELLING THEM IT WAS YOU
- 9 EAT 4 SERVINGS OF VEGGIES
- 10 SET 3 GOALS FOR THE WEEK
- 11 EAT DINNER WITH YOUR FAMILY AT THE KITCHEN TABLE
- 12 WRITE DOWN WHY YOU WANT TO FINISH THIS CHALLENGE
- 13 SHARE ONE OF YOUR FAVORITE RECIPES IN THE FB GROUP
- 14 LISTEN TO A MOTIVATIONAL PODCAST
- 15 WRITE DOWN 3 NSV'S SINCE STARTING
- 16 DO 50 BURPEES
- 17 GET 10,000 STEPS TODAY
- 18 DRINK 1 GALLON OF WATER
- 19 WRITE DOWN 3 THINGS YOU LOVE ABOUT YOURSELF
- 20 CALL A FAMILY MEMBER JUST TO CATCH UP
- 21 TURN OFF ALL BLUE LIGHT DEVICES 30 MINUTES BEFORE BED
- 22 READ A BOOK FOR 30 MINUTES
- 23 GET 8 HOURS OF SLEEP TONIGHT
- 24 BE INTIMATE WITH SOMEONE
- 25 DO YOUR HAIR AND MAKEUP

CURRENT REGISTERED CLIENTS WHO HIT ALL 25 DAYS WILL BE ENTERED TO WIN A \$200 AMAZON GIFT CARD!

