

HABITS IN ACTION



# THE WHOLE LIFE CHALLENGE CHEAT SHEET



# NUTRITION

## THE RULE:

Every day of the Challenge, eat nutritious, healthy foods from your food list.



**Eating according to Challenge rules is best not left to chance.**

Because chance equals donuts. And restaurants. And French fries. And non-compliant salad dressing.

**Which will ruin everything.**

(Okay, maybe not everything. But at least your points for the day.)

**So here are three of our favorite meal prep tips** to help make sure you always have tasty, compliant chow on hand – keeping you out of restaurants, the vending machine, and that bowl of M&Ms on Linda’s desk.

## STRATEGY 1 THE SLOW COOKER

Our favorite meal prep tool? The slow cooker. Just put your ingredients in your Crock-Pot in the morning, set the timer for an eight-hour slow cook, and by the time you get home, dinner is served. Do this two or three days in a row, and you’ll have a week’s worth of protein at the ready.

## STRATEGY 2 PYREX OF THE CARIBBEAN

Pyrex is a super-durable, hard-to-break glass that makes the perfect storage medium for all of those slow-cooked meals. It seals up tight, there’s no worries about plastic leaching into your food, and it can take all the microwaving, dishwashing, and baking (yup, baking) you can throw at it.

## STRATEGY 3 BE “THAT PERSON”

When you’re in a restaurant, don’t be afraid to ask about ingredients in a dish before you order. If you find a non-compliant ingredient, your server will usually be happy to help you alter it to create a WLC-compliant dish, keeping you on-track (and saving those Indulgence Tokens for another day).



# EXERCISE



## **THE RULE:**

Every day of the Challenge, be active for 10 minutes.

Exercise is the magic pill you never have to swallow.

**It's full of physical and psychological benefits –**

Improved body composition and health, reduced stress, increased self-confidence, and consistent emotional release.

**The key getting these benefits is simple,** getting your exercise every day, and slowly letting it build into a lifelong habit.

**Below, our favorite strategies to make it work.**

## **STRATEGY 1** PICK A TIME

When you're building an exercise habit, routine is your friend. Rather than attempt to slot workouts randomly into your day, pick a time that will work for your schedule every day. This will help the habit to form – and give you a dedicated break from your day-to-day hustle.

## **STRATEGY 2** MAKE A PLAN

Grab a piece of paper and sketch out your exercise plan, day-by-day, for the next week. Write down which exercise(s) you'll do, and what time you're going to do them. Then, translate the plan to your calendar, blocking out the time along with the specifics.

## **STRATEGY 3** DO SOMETHING YOU LOVE

Exercise isn't a hardship if you're doing something you love. Grab your dog and a friend and go for a walk in the woods. Throw a frisbee with the kids. Take up the challenge of indoor rock climbing. Whatever you choose, know that exercise is so much more than a treadmill and a protein shake.



# MOBILITY

## THE RULE:

Every day of the Challenge, stretch for 10 minutes.



**Every day on the Challenge, you're tasked with 10 minutes of mobility** – stretching, stabilizing, and creating range-of-motion in an effort to keep your body limber and capable.

It could well be the most underrated Habit we've got (and the one most likely to keep you independent well into old age).

So how do you get it done?

**Below, you'll find three strategies** – ways we like to get our mobility points without worrying too much about getting in the car, going to the gym, and finding a mat. You can consider it your crib sheet on getting the daily mobility requirement done and dusted.

## STRATEGY 1 TV TIME

Make TV time infinitely more productive with one small change: pick a mobilization or stretch, and spend your TV time working on it. Some of our favorites include the simple sit-and-reach, the [couch stretch](#), and the [hamstring stretch](#).

## STRATEGY 2 PICK AN INSTRUCTOR

There's something magical about following along with a good instructor. You spend no energy deciding what to do, and instead direct all your energy toward actually doing it. Check out the mobility instructors on the [WLC Blog](#), hit play, and begin your new routine today.

## STRATEGY 3 KEEP IT SIMPLE

Pick one or two stretches that are going to have the most impact for you (and pursue them on a daily basis). For nearly all of us, this means focusing on the hips and doing the [most basic of stretches](#). Think about the classic seated straddle, the side sit, or a [pigeon stretch](#).



# SLEEP



## **THE RULE:**

Every day of the Challenge, sleep for a duration you select, one that leaves you feeling rested.

### **We're into sleep.**

(And of course, we're into preparing for it.)

Nighttime rituals with candles and meditation and tooth brushing and mindfulness. Time spent winding down, stretching, reading, electronics off, insurance against a bad night's sleep.

**And it could be complicated and fancy.** (Or it could be dead simple.)

**And it's the latter we're going to concentrate on here** - three strategies you can pursue tonight to improve your sleep. They're short on fancy and long on effectiveness (and they're completely share-worthy if you've got someone in your life who needs a few more Zzzzs).

## **STRATEGY 1 MAKE IT A CAVE**

Our bodies react to light by waking up. You need to keep things dark if you want to sleep. So do the following before you go to sleep tonight: close the curtains, turn your phone to silent and flip it over, and cover any other lights, including digital clocks, LEDs, and night-lights.

## **STRATEGY 2 TURN DOWN THE TEMP**

Our body temperature needs to drop one to two degrees just to initiate sleep. The shortcut to making this happen - turn down the thermostat about an hour before bedtime. (While most of us keep our homes in the 70-72 degree range, the optimal temperature for sleep is actually in the mid-60s.)

## **STRATEGY 3 TAKE A HOT SHOWER**

This will increase your skin temperature, which (somewhat paradoxically) allows your body to release heat faster, thereby putting you in the optimal range for initiating sleep sooner. Add in the fact that a quick soak will relax your tense muscles, and you have a surefire recipe for getting to sleep quickly.



# HYDRATION



## **THE RULE:**

Every day of the Challenge, drink enough water (in ounces) to equal 1/3 of your body weight (in pounds).

**The objective of all of this water drinking is hydration**, a state where your body has enough water to perform all of its cellular functions beautifully and seamlessly, including digestion, respiration, energy production, and (oh yeah) fat burning. No doubt, it's worthwhile to stay hydrated. At the same time, it can be difficult – because that's a lot of water:

- For your average woman (weighing 166.2 pounds in the U.S.), we're talking 56 ounces.
- For your average man (weighing 195.5 pounds in the U.S.), that's 65 ounces.

**Clearly, we've got some drinking to do.**

Here are three strategies that have worked for us. These are the pain- and chug-free ways we've found to get in our water (with no emergency trips to the bathroom required).

## **STRATEGY 1** KEEP IT SIMPLE

Drink a pint of water (16 ounces) upon waking, and have an additional pint with both lunch and dinner. Already at 48 ounces, you'll end your day with a cup of herbal tea, a glass of soda water, or some citrus-infused water, and your prescription will be nailed.

## **STRATEGY 2** RUBBER BANDS & BOTTLES

Snap enough rubber bands (usually two or three) around your water bottle to equal your WLC water prescription divided by the bottle's capacity in ounces. Then, remove a rubber band every time you finish a bottle, creating an instant visual record of how close you are to your daily prescription.

## **STRATEGY 3** IT'S ALL ABOUT VARIETY

There are many sources of hydration per Challenge rules – sparkling or soda water, herbal tea, compliant almond milk, and coconut water all count toward your total (while coffee, black teas, soda, and alcohol don't). Don't let hydration be boring. You can always switch it up for a little variety.



# WELL-BEING



## **THE RULE:**

Every day of the Challenge, complete a practice to help you feel happier and more connected.

**To truly be healthy, you have to put your health first.**

And to do that, you have to put yourself first.

**And far from being selfish, putting yourself first will make you a better adjusted,** calmer, and kinder person – making you a go-to resource for your friends, family, and community.

**Below, you'll find three strategies for making time in your life** for health, fitness, and connection – three strategies that will work long after the Challenge ends, fitting into your life no matter what.

Pick one or pursue them all.

## **STRATEGY 1** THE SACROSANCT HOURS

Pick three hours a week, and focus on you. Put them on the same calendar you use to schedule your other obligations. Use that time to build the health habits that are most important to you: exercise, meditation, mobility, food prep. The things that will keep you healthy long into old age.

## **STRATEGY 2** BECOME A CREATOR

Choose a small practice to keep you in the habit of creation. Draw, sing, play music, plant a garden, write a story – an activity where you make something new for the sheer pleasure of the act. After a little while, we'll bet your skills will surprise you.

## **STRATEGY 3** THE DAILY CONNECTION

Make one connection a day. Call, text, or meet a friend in person. Do it for as long (or as short) as you like, and make it meaningful (or completely casual). Either way, you'll be building a daily practice that puts you first, adding happiness and self-worth to your life in a completely sustainable way.



# REFLECTION



## **THE RULE:**

At the end of each Challenge day, write briefly about how the day went.

**The daily act of writing about your life can be incredibly powerful.**

It allows you to get thoughts out of your head and to a place where they can be more readily used – whether they deserve more thinking, synthesis into lessons learned, further action, or merely to be forgotten.

**It also serves accelerate progress**, the very act of writing leading to realizations and breakthroughs about where you are and where you'd like to be, the epiphanies that bring about a better life.

Done regularly, daily reflection can add immeasurable value to your life.

Below, our tips for getting started.

## **STRATEGY 1 EXPRESS GRATITUDE**

Choose something to be thankful for, and write about its value to you. Nearly everything is fair game – your friends, your family, your good fortune at work, the joy of a successful workout. Reiterated daily, gratitude will make you happier and more open to seeing the bright side of life.

## **STRATEGY 2 GOALS IN THE PRESENT TENSE**

Use your journal to turn someday into right nows, expressing your goals in the present tense. “I speak Italian” is more fun to write than “someday, I will speak Italian.” After a few days, you’ll naturally find yourself taking steps toward your goals.

## **STRATEGY 3 BRAIN DUMP**

Worried or stressed about something? Write down what it is, why you're worried about it, and all the things you can do about it. The very act of getting it out of your head can short-circuit rumination, and writing down potential actions can help you feel powerful (instead of down).



# ABOUT

With just a nudge (and a little bit of effort), you can have the life you want – happy, healthy, active, energetic, and connected.

## ABOUT THE CHALLENGE

The Whole Life Challenge is a 6-week health and wellness game that focuses on The 7 Daily Habits.

## THE 7 DAILY HABITS

Throughout the Challenge, you'll practice the habits every day – Nutrition, Exercise, Mobility, Sleep, Hydration, Well-Being, and Reflection – with the ultimate goal of incorporating them into your life. They'll work together to help you become happier and healthier.

## WANT TO PLAY?

You can register to play the next Whole Life Challenge here:  
<https://www.wholelifechallenge.com/join-the-challenge/>

## LET'S CONNECT

We use social media to share our popular blog posts, motivational quotes, and information on the upcoming Challenge!

Connect to get your daily dose of inspiration and motivation.



[@WHOLELIFECHALLENGE](#)



[@WHOLELIFECHALLENGE](#)



[@WHOLELIFEWW](#)



[@WHOLELIFE](#)



[@WHOLELIFECHALLENGEWW](#)