

40-DAY HEALTHY HABIT CHALLENGE



GETTING STARTED:

FREE! 40-Day Healthy Habits Challenge

Starting Monday, 20 July 2020

Step 1:

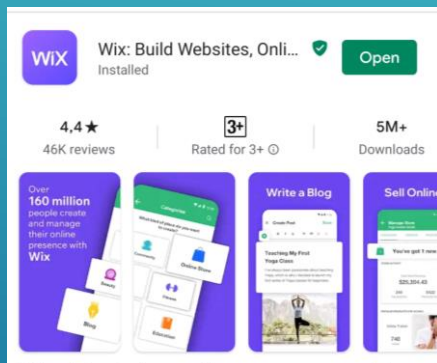
Sign up on www.fitbesttraining.com/challenges

Step 2:

Download the Wix App (free to use):

→ [For Android Devices](#)

→ [For iOS Devices](#)



Step 3:

Print out your Tracking Sheet & Fill in the 4/5 habits you would like to cultivate over the coming 40 days!

40 HEALTHY HABITS TO CULTIVATE

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Rome wasn't built in a day. We are all about sustainability and realistic goal setting! So, please do not attempt to cultivate all 40 of these habits over the next 40 days! So pick 4 or 5 from the list below. Pick something that will challenge you. If you already don't drink milk in your coffee/tea – there is no point in setting that as one of your new habits. After the 40 days, you are more than welcome to start again, with 4 or 5 new habits. Be gentle with yourself! You are doing an amazing job at this thing called life!

Pick 4 to 5 of the habits below:

1. Drink a glass of water when you wake up. Helps with digestion.
2. Wake up at a certain time you set for yourself.
3. Say something positive about yourself when you wake up e.g. "I love my long hair"
4. Have Bible study DIRECTLY after waking up and to not check your phone.
5. Get a certain number of hours of sleep in every night for the period. 5-7 hours OR 6-8 hours.
6. Eat/drink something GREEN every day.
7. Eat something green, yellow & red every day (CHALLENGE).
8. Drink at least 2 liter water every day.
9. Eat breakfast every morning.
10. Eat 5 small meals every day.
11. Drink 1 cup of Green Tea every day.
12. No milk in coffee or tea.

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13. Cut out sugar in your coffee and tea (replace it with sweetener if you really have to).
 14. Do something active every day, ie. swimming, walking, running, hiking, biking, skip rope, workout, 10 000 steps.
 15. Wear sunscreen every day.
 16. No online shopping for 40 days.
 17. Practice Screen Free evenings, ie. 18:00 to 21:00 without any sort of technology.
 18. Eat some sort of protein in every meal.
 19. Join FIT BEST Live Workouts on ZOOM.
 20. Have Bible Study right before bed.
 21. Spend 10 minutes a day praying / simply worshipping God.
 22. Write down 3 things that you are grateful for (3 new things every day).
 23. Stretch every day.
 24. Every morning, set a new goal for yourself, for every day.
 25. Cut out refined sugars.
 26. Eat slower with every meal (No working and eating at the same time).
 27. Wash the dishes after every meal or at the end of the day.
 28. Before going to bed, reflect on your day.
 29. Give someone a compliment every day (every day someone else).
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30. Read something every day. Start that book you've been wanting to read, or read an article that interests you.
 31. Wake up at 5am.
 32. Save R10 every day in a money jar.
 33. Make up your bed after waking up every day.
 34. No weighing yourself for 40 days (bye bye scale!).
 35. Do your skin routine every day.
 36. Drink vitamins every morning/evening.
 37. No make up for 40 days.
 38. Apply tissue oil to stretch mark areas twice a day, every day.
 39. Apply face cream to your neck and face area – you'll thank us when you turn 30.
 40. Reach 10 000 steps every day.
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#TEAMFITBEST

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*MY 40 Day Healthy Habits Challenge I am doing for **MYSELF** and no one else, because I want to cultivate healthy **SUSTAINABLE habits** for MY life.*

You are welcome to do this challenge on your own and keep it private.

We want to help YOU to improve YOUR life. So no one has to see it! Remember, you are doing this for yourself!

However, if you would like to share it – we would love to follow you on your journey!

So feel free to tag us on social media in your posts, stories, etc.

Instagram: @fitbesttraining

Facebook: @fitbestsa