

40 DAY HEALTHY

Habits Challenge

*You'll never change your life until you
change something you do daily.
The secret of your success is found in what
you do on a daily basis.*

*Don't wait until January to "start over"... Join our
40-day challenge and create some sustainable
healthy habits throughout the holiday season. So
when 2021 comes - you'll have a solid foundation
to build from!*



FIT.BEST
TRAINING

40 DAY HEALTHY Habits Challenge

This 40-day challenge will work a little different than the one we did earlier this year. In July, we gave you a list of 40 different habits & you had to choose 4 or 5 habits - which you would like to cultivate in your own life.

With the 40 day Healthy Habits Challenge 2.0, we want everybody to be on the same page & thus we have decided to pick 4 habits that we want everyone to cultivate over the coming 40 days!

Although everyone's journey will still be unique - we wanted to create an "we're in it together" *vibe*, as Lara would say.

There would thus be 4 set habits and you can choose 1-2 other habits alongside the 4 set ones.

[The list of habits you can choose from is available on the next page.]

4 Set Habits

1. Health / Nutrition Related

Drink at least 2 liters of water per day!

2. Fitness Related

Perform some kind of movement every day!

Whether it's a workout or simply hitting your step goal - is up to you.

3. Faith Related

Start every morning by spending time with God!

4. Digital Well-Being Related

Practice Screen Free Saturdays or Screen Free Evenings - see bullet 7 on the next page.

These are the core components of #TeamFitBest...

If you've been following us for a while - you'll know that:

Health / Nutrition wise - we love cake! We don't promote any unsustainable or unrealistic diets nor any food restrictions. We believe that you can have the foods you love and still reach your fitness goals!

Fitness wise - we obviously love staying active and having fun with our workouts - that's pretty evident. We want to show women from all walks of life, all ages and all fitness levels that fitness should be something that adds value to your life and not something that controls your life.

Faith wise - Some call it ministry, some call it testimony. Fact is, we all have one. At #TeamFitBest we believe that if you are truly walking the journey with God - you can't keep ministry & your everyday life separate. If you're walking with God, ministry is your life. Everyday, in everything we do.

Digital Well-being wise - This one isn't part of our core components. But let's be honest - we can all do well with a little less time glued to our screens. This holiday season especially we want you to unplug & be fully present and invested in spending time with your friends and family!

40 DAY HEALTHY Habits Challenge

Pick 1-2 of these:

40 Optional Habits

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.
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 Saturdays or 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 (free from 2-18 Dec).
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).
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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Habits Challenge

My Chosen Habits

1.

Drink at least 2 liters of water per day!

2.

Perform some kind of movement every day!

[Workout / Reaching your step goal / etc.]

3.

Start every morning by spending time with God!

4.

Practice Screen Free Saturdays

[or screen free evenings]

5.

Pick one from the list

6.

Pick one from the list



40 DAY HEALTHY

Habits Challenge

PHASE 1



Day
1

Day
2

Day
3

Day
4

Day
5

Day
6

Day
7

Day
8

Day
9

Day
10

Day
11

Day
12

Day
13

Day
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Day
15

Day
16

Day
17

Day
18

Day
19

Day
20

Day
21

*It takes 21 days to make or break a habit.
You'll never change your life until you change something you do daily.*

40 DAY HEALTHY

Habits Challenge

PHASE 2



Day
22

Day
23

Day
24

Day
25

Day
26

Day
27

Day
28

Day
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Day
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Day
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Day
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Day
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Day
34

Day
35

Day
36

Day
37

Day
38

Day
39

Day
40

*You are what you repeatedly do.
Motivation will get you started. Habit is what keeps you going.*

40 DAY HEALTHY
Habits Challenge



*Almost everything
in life will work
again if you unplug
it for a while...
including you!*