

## GTS Total Health Challenge

## Sept / Oct 2018 - Week 3 Bonus Guide

For bonus details: http://www.gametimestrength.com/total-health-challenge-week-3

Category Bonus Options Scoring

Nutrition
Up to 3 total bonus points

Share at least 1 of your "lean and green" meals, recipe or meal prep ideas!\*

At least 4 days drinking only water, coffee, or tea with your meals.

At least 3 days of logging your food in a food journal or in MyFitnessPal.

At least 4 days of preparing all your meals home.

At least 3 days of using your flexible calories on fruit, veggies, and/or whole grains.

At least 2 days eating 0.8-1.0g protein per lb of bodyweight.

1 point per option. Up to 3 total bonus points

Training
Up to 2 total bonus points

Share at least 1 picture or video of your training, get creative!\*

At least 2 days of intentional walking/hiking/biking/running outside for at least 30 minutes.

At least 3 of your training days are resistance training days + 1 LISS cardio session

Complete at least 2 additional "mini body weight training session" that consists of...

- 120 total walking/reverse/lateral lunges (60 per leg) OR

- 60 total pushups/chair dips

1 point per option.
Up to 2 total bonus points

Sleep/Recovery
Up to 3 total bonus points

Share at least 1 ritual, habit or routine to improve your sleep, mindset, or de-stress!\*

At least 3 days, first thing in the morning, spend 5-10 minutes on a gratitude journal.

At least 3 days spend at least 10+ focused minutes attempting to meditate or guided meditation.

At least 3 days spend at least 10+ focused minutes on a mobility/flexibility routine.

At least 3 days intentionally connect with a friend or family member that you don't see everyday.

At least 2 days 20+ minutes of reading

Write down a list of "your people".

1 point per option. Up to 3 total bonus points

\* Share to GTS Facebook Team Training Page

\*If you don't use or have access to Facebook, email your post to etraining@gametimestrength.com and we'll share it for you!

	T	W	Th I	F	Sat	Sun	M	Total Bonus	Notes
Nutrition Up to 3 bonus									
Training Up to 2 bonus									
Sleep/Recovery Up to 3 bonus									