

NEW YEAR PREP CHALLENGE

YOUR COACH
ME! MISSY JORDAN

CHALLENGE
25 DAYS, 22 MINI WORKOUTS
NUTRITION JOURNALING
FOCUS & ACCOUNTABILITY

WHY THIS CHALLENGE?

People have big goals in the new year. After 2020, it's safe to assume many of us want a better year! Here are some stats on new year resolutions: 50% want to exercise more, 43% want to eat healthier, and 37% want to lose weight. But... **only 8% stick to their goals.** The challenge is a prep to these BIG goals so you are more likely to stick to it. This is not a weight loss challenge or fat flush in 20 days. It's learning to do the small habits daily.

WHAT IS THIS CHALLENGE?

Many people approach a goal with what they want to accomplish but not the steps to get there. It takes the consistency of habits, day in and day out. Without consistency, we fail. So here is a prep~ we will work on mobility and core strength. Do you want to run a half marathon, improve your tennis/golf game, hike Mt. Whitney? Before you can start stressing your body with training, it should have a solid base. This challenge will have a nutrition component as well. Track your food 5-6 days a week. Be aware of what you are eating daily. This is **NOT** a weight loss challenge. It's a prep. If weight loss is your goal or you want to feel better for life or in your training~journaling is essential. Awareness precedes change!.

IF YOU WANT IT, WE PLAN FOR IT.

NEW YEAR PREP CHALLENGE

CHALLENGE

- (6) 15-MINUTE WORKOUTS FOR EACH WEEK (WITH DETAILED INSTRUCTIONS)
- 3 CORE, 3 MOBILITY W/MODIFICATIONS
- FREE GOAL CHECK -IN WITH ME THE FIRST WEEK
- FREE 15-MIN ASSESSMENT THE WEEK FOLLOWING THE CHALLENGE
- ACCOUNTABILITY CHECK IN ON SATURDAY MORNINGS VIA TEXT

CHALLENGE

COMMIT TO YOURSELF TO COMPLETE 22 WORKOUTS TO MOVE BETTER & FEEL BETTER. THIS CALENDAR IS A REFERENCE, NOT A STRICT PLAN. **IT ONLY WORKS, IF IT WORKS FOR YOU.** IT DOESN'T MATTER WHEN~MORNING, NOON OR NIGHT. PLAN OUT YOUR WEEK'S WORKOUT, THEN EXECUTE.

SUN	MON	TUE	WED	THU	FRI	SAT
	MOBILITY ONE.	CORE ONE.	MOBILITY TWO.	CORE TWO.	MOBILITY THREE	CORE THREE
	MOBILITY ONE.	CORE ONE.	MOBILITY TWO.	CORE TWO.	MOBILITY THREE	CORE THREE
	MOBILITY ONE.	CORE ONE.	MOBILITY TWO.	CORE TWO.	MOBILITY THREE	CORE THREE
	MOBILITY ONE.	CORE ONE.	MOBILITY TWO.	CORE TWO.	DONE!	CELEBRATE
		MOVES				HOW TO
	<p>MOBILITY IS ONE OF THE MOST OVERLOOKED ASPECTS OF FITNESS. IT ENABLES US TO MOVE FREELY IN OUR DAILY LIFE, BUT IT ALSO KEEPS US FROM GETTING INJURED IN OUR WORKOUTS AND IT FEELS GOOD</p>		<p>WEEK ONE & TWO: COMPLETE AS MANY REPS AS POSSIBLE IN 30 SECONDS FOR EACH MOVE. ONCE YOU COMPLETE ALL THE EXERCISES. REST 1 MINUTE. COMPLETE A TOTAL OF 4</p>			<p>CIRCUITS .</p>
	<p>THERE ARE 3 MOBILITY WORKOUTS AND 3 CORE WORKOUTS WITH MODIFICATION!</p>		<p>WEEK THREE & FOUR: COMPLETE AS MANY REPS AS POSSIBLE IN 40 SECONDS. COMPLETE ALL EXERCISES. REST FOR 1 MINUTE COMPLETE 4 CIRCUITS.</p>			

TRACKING CONSISTENCY HOW TO MEET YOUR NUTRITION & FITNESS GOALS

HOW CONSISTENT SHOULD YOU BE?

The research is in... any effort, even if its not perfect, can produce real, measurable progress and health benefits. So don't beat yourself up if you don't get this perfect. Its all about growing and learning that a little better is better. It doesn't have to be BIG GRAND CHANGES (all or nothing) to see progress..

WHY TRACK YOUR FOOD?

This might not be for everyone, especially if you suffer from any type of eating disorder. For most of us, tracking/journaling is a tool. It is a real reflection on what and how much you are eating. You can use apps like MyFitnessPal, Lifesum or photo journals like Bitesnap or FoodVisor. Or just use a trusty notebook & pen. For this challenge, we don't want you to TRY to lose weight during the holiday season. It would be crazy~ just setting you up for failure.

Tracking your food during this challenge is a mirror. As much as exercise is good for the body, it isn't the most efficient tool for weight loss. The most important factor is what you give your body to feel good. But first you have to recognize your behavior, what are you REALLY doing. Not what you think you are doing

Be honest, have compassion for yourself. .

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