

WEEK 18

01 BEAR CRAWL

02 HAVE FUN WITH FOOD

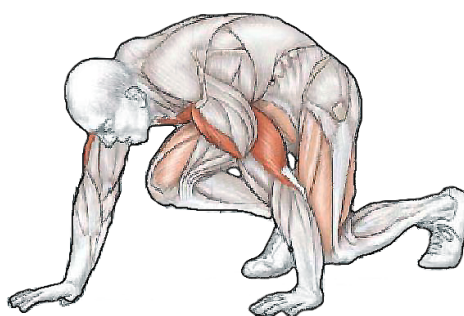
03 ACKNOWLEDGE YOUR MOTIVATION

MOVEMENT

HOW: Start on the floor in a tabletop position with knees under hips and wrists under shoulders. Lift the knees just a few inches off the floor. Engage the core. Begin crawling forward and backward. Try to keep your back parallel to the ceiling, with knees hovering a few inches above the floor.

DURATION: 60 seconds on, 20 rest, 4x

MEASURE: How far can you crawl in one



NUTRITION

Meal prepping and eating healthy foods may not seem exciting compared to your old eating habits. This week, we'll use a method many parents use to get their kids to eat - making their food fun, therefore, more desirable. Finger foods, picnics, plate designs, and smiley faces are not off the table. Start brainstorming your next creative meal!



MINDFULNESS

What is your motivation to improve yourself for the better? Who or what makes you want to live a healthier lifestyle? Addressing the reasons, we strive to be the best version of ourselves can trigger an emotional response and fuel our steps toward making that change.



WEEK 18 CHALLENGE

MOVE: Practice 3-5 days this week, 3-5 60 second crawls each day.

HABIT: Make 3 or more meals creative in aesthetic or experience.

MINDFUL: Acknowledge your motivation every morning in words or writing.