

Lifestyle CHANGE CHALLENGE 2.0

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us! *Hebrews 12:1*

The Lifestyle Change Challenge is a point based competition that will motivate you to make positive, permanent changes to your physical, mental and spiritual health.

How Does it Work?

Everyone will complete daily and weekly **Health based Challenges**. This will be experienced through **Individual and Team Competition**: Each individual works on their own categories daily while encouraging and supporting their teammates. At the same time, teams compete against each other. Team leaders will submit their group's score every week and it will be posted to www.lifestylechangechallenge.com. Prizes will be awarded to the highest scoring teams and the highest scoring individuals.

How Do I Earn Points?

Each challenger will have 7 categories to complete and track daily; 4 **CORE CATEGORIES** and 3 **ELECTIVES**.

Core Categories

Daily and/or Weekly Goals

1. Eat healthy food and hydrate
2. Exercise 6 times a week
3. Attend church weekly
4. Pray and do devotional daily

Bonus Points

Random opportunities
will occur weekly

Electives

Choose 3 from the following

- ~ 10,000 steps per day OR 70,000 steps per week
- ~ Minimum 6 hours sleep a night
- ~ 6 fruits and vegetables daily
- ~ Practice the Fruits of the Spirit (Galatians 5:22-23)
- ~ Quit BAD Habits (smoking, drinking, drugs)
- ~ Limit screen time daily (3 hours max per day)
- ~ Family time daily/weekly (3 hours total)
- ~ Acts of Kindness. One act of kindness per day.
- ~ Church service or volunteer work (3 hrs/week).
- ~ Create and stick to a budget Daily.

Start Date: Monday 25 September 2017.

End Date: Friday 17 November 2017

Entry Fee: \$20 if you register before 20 September.

Price is \$25 After 20 September. (all money goes to prizes)

Next Step: Email: James Smith at jjis@lifestylechangechallenge.com or Linda Hisey at linda@onthejourney.ca to join the challenge, to volunteer as a leader, or to ask **ANY** question(s)!