

THE 10 DAYS OF CHRISTMAS CHALLENGE

Well done for being accountable to your Christmas fitness routine!

Email the following details no later than Jan 8th at: elly@ellymcguinness.com

DATE	WHAT TO DO	WHAT TO EMAIL ME
24 th Dec	Go for a walk or jog for at least 20 minutes. It must be somewhere you have never walked/jogged before	The details of what, where and with whom
25 th Dec	Start your day with 10 minutes of exercises – e.g. push ups, sit ups, stretches, star jumps.....	The details of what you did
26 th Dec	Write out a food diary – include everything you ate and drank, and the times (if possible – otherwise the basics are fine 😊)	The food diary (any format that works for you is fine – e.g. in the email, handwritten/scanned, or using Microsoft word or google docs)
27 th Dec	Write out a food diary	The food diary
28 th Dec	Do some sort of physical activity that you really LOVE doing	Details of what you did and where
29 th Dec	Try any form of physical activity that you have never tried before...	What you did, where you did it, who you did it with and how you liked it
30 th Dec	Get someone else to do some form of exercise with you for at least 20 minutes	Details of who and what
31 st Dec	Spend at least 30 minutes dancing – the crazier the better!	Any details you want to share!
1 st Jan	Write down your 3 main goals for the year ahead	The goals
2 nd Jan	Find somewhere to sit, meditate, close your eyes and breathe for 5 minutes. Keep your thoughts on your breathing	How you felt afterwards