

~ 7 DAY ~

# Kick Start *Challenge*



# ~ Kick Start Challenge ~

## Challenge Contents

### Introduction

Getting Started 1

### Kick Start Challenge

Challenge Overview 2

Stacking Mini Challenges 3

### Challenge Contents

Day 1 — Meal Planning Sheet 4

Day 2 — Meal Prepping Tips 5

Day 3 — Find Your “Why” 6

Day 3 — Colour and Nutrients 7

Day 3 — Dirty Dozen 8

Day 4 — Exercise 9

Day 5 — Ice Cream 10

Day 6 — Benefits of Sleep 11

Day 7 — Benefits of Meditation 12



## HELLO AND WELCOME

Thank you for joining us for our 7-Day Kick Start Challenge. We are super excited to spend seven days supporting you towards achieving your goals and helping you on the path towards eating better and leading a healthier lifestyle.

Life long results come from taking small, sustainable steps. We hope that, once this challenge has finished, you can then choose one or two of these ideas and continue with them beyond this week.

## MAXIMIZING THIS CHALLENGE

Here's how to get the most from this week:

- **Read the content** — The daily lessons and this guide will tell you everything you need to know.
- **Take action** — It is easy to sign up for a challenge and not do anything. Make this time different.
- **Better together** — Tell your friends and do this together.

# ~ Challenge Overview ~

Whatever your starting point, this challenge will help kick start you in reaching the next level. Each morning throughout this challenge, you will receive a notification through our coaching app to remind you to check in. The daily lesson will explain the day's focus/task and stacking mini challenge.

- Day 0** Welcome Day (Friday)
- Day 1** Meal Planning (Saturday)
- Day 2** Shopping (Sunday)
- Day 3** Your Why (Monday)
- Day 4** Exercise (Tuesday)
- Day 5** Added Sugar (Wednesday)
- Day 6** Sleep (Thursday)
- Day 7** Celebrate (Friday)



We are also challenging you to make one small change each day that you can build on all week. Details of these mini stacking challenges are listed on the next page and are explained with each day's lessons.

# ~ Kick Start **Action Stacking** ~

Every day, we will add on one more “stacking action.”  
Some actions are more challenging than others but they will all help you to work towards achieving your goals.

						<i>Calm</i>	
						<i>Sleep</i>	
						<i>Sugar</i>	
						<i>Active</i>	
						<i>Veggies</i>	
							<i>Water</i>
							<i>Alcohol</i>

# ~ Day 1 Meal Planning ~



Use the space below to plan out what you will eat next week.

	Mon	Tue	Wed	Thu	Fri
<i>Breakfast</i>					
<i>Snack</i>					
<i>Lunch</i>					
<i>Snack</i>					
<i>Dinner</i>					

# ~ Day 2 Meal Prep ~

One way to make healthy eating easy is to pre-prepare freezer meals. These are great for those days when we just don't feel like cooking.

## HOW TO FREEZE MEALS

- **Pick the right recipe** — Some recipes are better than others. Go for soups, chilis, stews, cooked legumes, and casseroles.
- **Don't overcook** — Once you defrost a meal, you'll be heating it up again, so it's important not to overcook the first time around.
- **Completely cool** — Let your freezer meals cool completely before freezing.
- **Use freezer-safe storage** — Freeze things in tempered glass containers or freezer safe plastic boxes. If you are freezing liquids, leave an inch or two of space at the top of your container to allow for expansion.
- **Label your freezer meals** — Get out your pen and write on either masking tape or a dissolvable label. Label with the jar contents and the date.
- **Defrost and reheat properly** — For plant-based meals, you can defrost them on your counter or in the fridge. With meals that contain animal products, defrost in the fridge as much as possible to ensure no bacteria develop.

## *Drinking Enough?*

1 Totally Hydrated

2 Hydrated

3 Partially Hydrated

4 Quite Dehydrated

5 Dehydrated

6 Super Dehydrated

7 Severely Dehydrated



# ~ Day 3 Find Your Why ~

Spend 5 minutes writing about your health goals and why they are important to you.



*Why are your health goals important to you?*



# ~ Day 3 Colorful Plants ~

Eating fruits and vegetables is very important. By eating fruits and vegetables of a variety of different colors, one can get the best all-around health benefits. Each color of fruit and vegetables contains unique health components that are essential to our health.

## Red

### Contains nutrients that:

Reduce the risk of prostate cancer, lower blood pressure, reduce tumor growth and LDL cholesterol levels, and support joint tissue in arthritis cases.

### Examples:

Beets, Cherries, Cranberries, Papaya, Grapefruit, Pomegranates, Radishes, Raspberries, Bell peppers, Strawberries, Tomatoes, Watermelon.



## Orange

### Contains nutrients that:

Reduce age-related macular degeneration, promote collagen formation and healthy joints, and work with magnesium and calcium to build healthy bones.

### Examples:

Apricots, Cantaloupe, Carrots, Mangoes, Nectarines, Oranges, Papayas, Peaches, Pineapple, Squash, Tangerines.



## Green

### Contains nutrients that:

Reduce cancer risks, lower blood pressure and LDL cholesterol levels, support retinal health and vision, fight harmful free-radicals, and boost immune system activity.

### Examples:

Asparagus, Avocados, Broccoli, Cabbage, Celery, Green beans, Kale, Kiwifruit, Leeks, Limes, Mangetout, Spinach, Watercress, Zucchini.



## Purple

### Contains nutrients that:

Boost immune system activity, improve calcium and other mineral absorption, fight inflammation, reduce tumor growth, and limit the activity of cancer cells.

### Examples:

Blackcurrants, Blackberries, Blueberries, Eggplant, Elderberries, Figs, Grapes, Plums, Pomegranates, Purple broccoli, Purple cabbage.



# ~ Day 3 Organic Produce ~

Should you buy organic? Organic is great, but don't feel pressured to buy it, if you can't afford it. If you have to choose only some vegetables to buy organic, check out the Dirty Dozen List from the EWG. These are the fruits and vegetables that contain the most pesticides. The Clean Fifteen is a list of fruits and vegetables with the lowest amount.

## *Dirty Dozen*

Apples  
Celery  
Cherries  
Grapes  
Kale  
Nectarines  
Peaches  
Pears

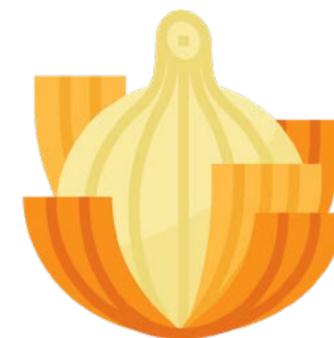
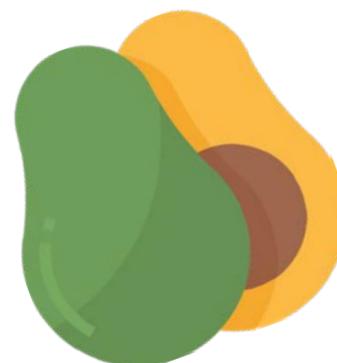
Potatoes  
Strawberries  
Spinach  
Tomatoes  
Hot Peppers



## *Clean Fifteen*

Asparagus  
Avocados  
Broccoli  
Cabbages  
Cauliflower  
Cantaloupes  
Eggplants  
Kiwis

Melon  
Mushrooms  
Onions  
Papayas  
Pineapples  
Sweet corn  
Sweet peas (frozen)



# ~ Day 4 Get Active ~

## EXERCISE RECOMMENDATIONS

To stay healthy, adults aged 19 to 64 should try to be active daily and should do:

- **Aerobic exercises** — either at least 150 minutes of moderate aerobic activity (such as cycling or brisk walking) or 75 minutes of vigorous aerobic activity (such as running) every week. You can even do a mix of the two.
- **Strength exercises** — strength exercises on 2 or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders, and arms).

Moderate activities include brisk walking, aqua aerobics, leisurely bike ride, doubles tennis, gardening, hiking, rollerblading, volleyball, and basketball.

Vigorous activities include jogging or running, circuit training, weight lifting, swimming, hill climb bike ride, singles tennis, football, rugby, skipping, hockey, aerobics, and martial arts.



## 9-6-3 Circuit

### Round 1

9 Burpees, 9 Squats,  
9 Push Ups

### Round 2

9 Lunges (Right/Left),  
9 Hip Raises, 9 Jacks

### Round 3

9 Mountain Climbers,  
9 Bird Dogs, 30s Plank

### Round 4

6 Burpees, 6 Squats,  
6 Push Ups

### Round 5

6 Lunges (Right/Left),  
6 Hip Raises, 6 Jacks

### Round 6

6 Mountain Climbers,  
6 Bird Dogs, 20s Plank

### Round 7

3 Burpees, 3 Squats,  
3 Push Ups

### Round 8

3 Lunges (Right/Left),  
3 Hip Raises, 3 Jacks

### Round 9

3 Mountain Climbers,  
3 Bird Dogs, 10s Plank

**Want a workout you can do at home? Try our 9-6-3 circuit. Complete all the exercises in a round and then rest as needed!**

# ~ Day 5 No Added Sugar ~

## *Strawberry Ice Cream*

### **Ingredients**

You will need one large ripe banana and one cup of frozen strawberries.

### **Directions**

1. Peel the banana and chop into somewhat small, evenly sized pieces.
2. Put the bananas in a freezer bag. Freeze until solid, at least 2 hours but ideally overnight.
3. Once frozen, using a small food processor or high-speed blender, pulse to break up. Keep pulsing and scraping. The banana will look crumbly at first, then gooey, then like oatmeal.
4. Keep blending and scraping until the last bits of banana smooth out and the mixture has a creamy, soft-serve ice cream texture. Add strawberries and blend for a few more seconds.
5. Transfer to an airtight container and freeze until solid. You can eat the ice cream immediately, but it will be quite soft.



## **SWEET ENOUGH**

The American Heart Association says women should have less than 6 teaspoons (25 grams) of added sugar per day, and men should have less than 9 teaspoons (36 grams).

Added sugar is different to the sugar that occurs naturally in some foods, like fruit. For one, natural sugar comes with a package of vitamins, minerals, nutrients, and fiber that help offset some of the negative aspects of the sugar content.

Foods with added sugar include:

- Candy and chocolate;
- Cookies and muffins;
- Cakes, pastries, and baked goods;
- Sugared cereal;
- Sodas, fruit juice, and fruit drinks;
- Ice cream, sorbet, and flavored yogurts;
- Dressings and sauces.

# ~ Day 6 Sleep zzz ~

One of the best ways to start improving your sleep is optimizing your sleep environment. Here are a few tips on how to optimize your bedroom if you are having some trouble getting those zzz.

## BENEFITS OF SLEEP

- **Memory** — Sleep can enhance your memory function and creative problem-solving skills the next day.
- **Athletic Performance** — A good night's rest will help boost your athletic performance, including speed, agility, and overall energy levels.
- **Immune System** — Sleep will boost your immune system, leaving you less vulnerable to illness.
- **Stress** — Sleep can leave you more resilient to daily stress, something we can all benefit from.
- **Happiness** — Sleep can help you see the positives in your daily interactions, making you a happier person.
- **Weight loss** — Last but not least, you oxidize the most fat during sleep. If you are looking to shed a little fat, make sleep a priority!



## *Did you know?*

Blue light from electronic devices suppresses the hormone that makes you feel sleepy.

For the next two nights, try turning off your screens about an hour before bedtime and see the difference it makes to the quality of your sleep!



# ~ Day 7 Get Calm ~

## BENEFITS OF MEDITATION AND MINDFULNESS

- **It boosts your happiness**

- Increases positive emotion
- Decreases depression
- Decreases anxiety
- Decreases stress

- **It changes your brain**

- Increases grey matter
- Increases areas related to paying attention
- Increases areas related to emotion regulation, positive emotions and self-control

- **It improves your productivity**

- Increases your focus and attention
- Improves your ability to multitask
- Improves your memory
- Improves your ability to be creative and think outside the box

- **It boosts your self control**

- Improves your ability to regulate emotions
- Improves your ability to introspect

- **It boosts your health**

- Increases immune system
- Decreases pain
- Decreases inflammation

- **It boosts your social life**

- Increases social connection
- Increases emotional intelligence
- Makes you more compassionate
- Makes you feel less lonely



# ~ Kick Start Challenge ~

## *Thank you*

Thank you for joining us this week for our 7-Day Kick Start Challenge. If you enjoyed this challenge and are continuing your journey towards achieving your goals, check out one of our other awesome programs for continued support.

Our next program starts in a couple of weeks, and we would love for you to join us. Lose weight, have more energy, feel more in control, and achieve your goals! We will coach you and give you direction and accountability, every step of the way.

Check out our website for more details.

[www.crossfitpalmerston.com](http://www.crossfitpalmerston.com)



Disclaimer: This manual is not intended for the treatment or prevention of disease, nor is it a replacement for seeking medical treatment or professional advice. Do not start any nutrition or physical activity program without first consulting your physician. The use of this program is at the sole risk of the reader. The author is neither responsible nor liable for any harm or injury resulting from the use of this information.

Copyright: No portion of this manual may be used, reproduced or transmitted in any form or by any means, electronic or mechanical, including fax, photocopy, recording or any information storage and retrieval system by anyone but the purchaser for their own personal use. This manual may not be reproduced in any form without the express written permission of CrossFit Palmerston, except in the case of a reviewer who wishes to quote brief passages for the sake of a review written for inclusions in a magazine, newspaper, or journal – and these cases require written approval from CrossFit Palmerston prior to publication.

Credit:

- Mini challenge icons made by [Monkik](http://www.flaticon.com) from [www.flaticon.com](http://www.flaticon.com)
- Fruit and vegetable images made by [Monkik](http://www.flaticon.com) from [www.flaticon.com](http://www.flaticon.com)
- Exercise images made by [Monkik](http://www.flaticon.com) from [www.flaticon.com](http://www.flaticon.com)
- Calm and sleep images made by [Monkik](http://www.flaticon.com) from [www.flaticon.com](http://www.flaticon.com)
- EWG [Clean Fifteen™](#) and [Dirty Dozen™](#) Shopper's Guide to Pesticides in Produce
- [How to Prepare Freezer Meals](#) adapted from [www.meghantelpner.com](http://www.meghantelpner.com)
- Background by [ArtsyBee](http://www.pixabay.com) from [www.pixabay.com](http://www.pixabay.com)
- [Colored fruits and vegetables](#) from [www.disabled-world.com](http://www.disabled-world.com)
- [Benefits of meditation](#) from [www.emmaseppala.com](http://www.emmaseppala.com)