



Welcome to the

CHALLENGE

THE RULES

SCORING

Each habit is worth 5 points per day upon completion. The exception is your **Nutrition** score. You'll start your day with 5 points and deduct 1 point for each serving of non-compliant food you consume.

NUTRITION



Eat a healthy diet, according to a list of foods you choose.

EXERCISE



Exercise or move every day.

MOBILITY



Spend at least 10 minutes doing maintenance on your muscles and joints.

SLEEP



Commit to a duration of time in bed each night, one that leaves you feeling more rested.

HYDRATION



Drink 1/3 ounces of water for every pound of bodyweight. (or 22 ml of water per kilogram)

WELL-BEING



Do a structured well-being practice of your choice.

REFLECTION



Finish each daily score with a short reflection, or journal entry.



NUTRITION

THE RULE

Eat according to a list of compliant and non-compliant foods you choose.

We have created 3 levels to help you in the Challenge:

- Performance
- Lifestyle
- Kickstart

Create your own food list:

- If you prefer, you can create your own list of foods that you will consider compliant and non-compliant in the Challenge. If you're new, however, we suggest you start with one of the three provided and make any changes you need after a little time.
- You may also select a single category for a period of time, for example "no sugar," which might include: sugar, fruit juice, soda, honey, agave, etc., or "no refined grains," which might include: bread and wheat or rice flour products, pasta, and crackers.

Starting each day with 5 points in the Nutrition category, subtract 1 point for any serving of a non-compliant food you eat.



NUTRITION

Equally important for the Challenge is to make commitments that you can use to make all food choices, whether you are accountable to a specific list of foods or not. These commitments can help guide you in less than ideal situations when the very best food choices are not available to you:

Nutrition Commitments:

1. I commit to making the healthiest food choices I can make.
2. I commit to being conscious when I am eating for pleasure.
3. I commit to being honest and consistent with myself about the difference.
4. I commit to prioritizing whole food, as close to its natural form as possible

What is this about?

While it's important to aim to make the healthiest decisions you can, sometimes options can be limited. In most situations it's still possible to distinguish the healthiest among your options. By using the Four Nutrition Commitments to guide your decisions, you'll build trust in your judgment and develop a better ability to make the best decisions in all situations.



EXERCISE

THE RULE Exercise or move every day.

Some examples:

Workouts, exercise, & movement includes the basics, like running, biking, swimming, fitness classes, lifting weights, and doing yoga or calisthenics, to activities like taking walks or hikes, playing pickup games of sports like basketball or soccer, activities like surfing or skating, or even dancing.

What is this about?

While it's important simply to establish a habit of moving every day, not all exercise is created equal. To get the best results, you'll want to match the duration to the intensity of your effort. The shorter your exercise duration, the more intense you'll want to make it. The exception is active recovery. Some days the best thing for you is simply to get out and use your body for enjoyment without needing to push. Don't be afraid to take these recovery days if you feel that you need them.

Note:

Exercise can range from active recovery to moderate or high intensity exercise.

We recommend either:

- 20-30 minutes of moderate intensity exercise,
- 10-20 minutes of high intensity exercise or,
- At least 10 minutes of active recovery or movement, e.g. walking, light yoga, leisurely biking, etc.

Moderate intensity exercise allows you to speak in single, short sentences, but makes it annoying to do so.
(RPE 4-6, 60-70% of max heart rate depending on duration)

High intensity exercise can be thought of as a "sprint" effort. Generally speaking you cannot sustain it for more than 30-60 seconds without needing to rest. Imagine running up a broken escalator, late for a flight, carrying your suitcase.
(RPE 7-8, 80-90% of max heart rate depending on duration)



MOBILITY

THE RULE

Spend at least 10 minutes doing maintenance on your muscles and joints.

Some examples:

Mobility can include traditional stretching, but can also include soft tissue work like:

- Foam rolling and lacrosse ball work
- Physical therapy exercises
- Yoga

What is this about?

Active or not, most of us spend much of our time sitting. Whether at a desk, in a car, watching TV, or reading, we're in positions that shorten our muscles, compromise our spines, and hunch our shoulders. Even hobbies like photography or playing a musical instrument, or sports and activities, like running, cycling, or rowing place our bodies in less than ideal postures for long periods of time. Being in those positions day in and day out takes a physical toll. Spending some time each day to reverse some of the misalignment, stiffness, tightness, and tension that results is a key part of being healthy and living pain-free.



SLEEP

THE RULE

Commit to a duration of time in bed each night, one that is an improvement over what you're doing now and leaves you feeling more rested.

If you are already getting sufficient sleep, some suggestions to improve the quality of your sleep are:

- Choose a specific bedtime
- Establish an evening or bedtime routine such as stopping electronics use 1-2 hours before bed or doing
- Evening meditation or journaling

What is this about?

While getting more sleep is often a good prescription for better sleep, there are many ways you can improve your sleep. Many people who spend enough time in bed might benefit from some changes to their routine, while others who can't yet find more time to sleep can improve the quality of the time they do get.

Note:

You will still need to enter a duration in the website during game setup, but you can score yourself on any of your chosen improvements.



HYDRATION

THE RULE

Drink 1/3 ounces of water for every pound of bodyweight.
(or 22 ml of water per kilogram)

For example:

- If you weigh 120 pounds, 1/3 of that is 40, so your minimum prescription is 40 ounces of water.
- If you weigh 60 kg, 60x22 is 1320, so your minimum prescription is 1320 ml.

Determine your water prescription in pounds:

Your bodyweight in pounds $\div$ 3 = The minimum number of ounces of water

Determine your water prescription in kilograms:

Your bodyweight in kilograms $\times$ 22 = The minimum number of milliliters of water

What is this about?

Water isn't something that just keeps you from feeling thirsty. Thirst is your body letting you know you don't have enough! Water is important in an almost endless number of functions in your body, including staying cool, in processes that help you sleep and produce daily energy (even 5% dehydration can impair physical performance by up to 30%), breaking down food for digestion, and making neurotransmitters which help you think faster, more clearly, and stay focused. Given that your body is 70-80% water, it's not something you want to ignore. Making a habit out of drinking this minimum amount can help keep hydration on your radar long before you're running low.



WELL-BEING

THE RULE

Do a structured well-being practice of your choice.

Some examples:

- Meditate for 10 minutes
- Spend time journaling
- Connect with important people in your life

An example of an “unstructured” practice is *practice patience*. While practicing patience is something worth your full attention, it is difficult to define as a daily routine you can be *accountable to completing*. An observer could see you meditating for 10 minutes. They can’t see you practicing patience.

What is this about?

Mental and emotional well-being are not secondary to health. Feeling emotionally and mentally calm allows you to make the best choices for yourself from day to day, learn about yourself, and stay connected to your community and a higher purpose. Stress, inner conflict, loneliness, and lack of meaning don’t only create distress, but also have negative physical impacts. Regular practices for your own well-being can elevate your mood, your life, and your sense of purpose, which lead not only to happiness and fulfillment, but a longer and healthier life.

Note:

If you have a structured practice that you already do, like meditation or journaling, you can use that practice for the well-being practice. We will regularly suggest new practices that you can try if you’re still looking. We also have three foundational practices: Meditation, Journaling and Connection, which you can learn about in our Learning Lab. We also have a full library of Well-Being practices in our archive.

We recommend that any practice you choose you maintain for at least a week before considering changing.



REFLECTION

THE RULE

Finish each daily score with a short reflection, or journal entry.

What to write:

Your Reflection can be something about yourself, your day, your experience, or your life that helps complete the day for you and shares with your community how the Whole Life Challenge is going.

Important: Your Reflection is public and will be visible by your teammates.

What is this about?

Looking back to see how things went is a great way to make sure you're following your plan and learning from your experience. There is rarely a day where we can't learn something from what took place and taking time to reflect can help you to get the most out of every day. It's a good way to speed up your Challenge.

Note:

If you're unsure what to write, we will provide you with daily prompts (the same for everyone each day) to help get your thoughts going. Some are deeper and more introspective and some are simply fun ways to discover and share things about yourself and your life.

Feel free to follow the prompt or write whatever is on your mind.

APPENDIX

CREATE YOUR OWN FOOD LIST

To help in creating your own list of foods, we've provided a general set of guidelines to use:

GRAINS AND STARCHES

Eliminate or treat as indulgences:

- Bread and bread products like muffins, croissants, bagels, flour tortillas, etc.
- Pasta
- Products made from refined flour, both white and whole wheat
- Fried starchy vegetables, i.e. fried vegetable chips
- Boxed breakfast cereal

Limit:

- Starchy vegetables like potatoes, sweet potatoes, taro
- Corn tortillas

Prefer:

- Whole grains like brown rice and quinoa to white rice or gluten containing whole grains like barley, farro, and wheat berries
- Homemade breakfast cereals like oatmeal or buckwheat

Your Notes:

PROTEIN

Eliminate or treat as indulgences:

- Processed meats, e.g. hot dogs, salami, salted and cured meats, canned meats, cold cuts
- Textured vegetable protein (TVP)
- Seitan

Limit:

- Grain fed meats or meat raised with antibiotics
- Smoked meats
- Bacon
- Tofu

Prefer:

- Organic or pasture raised beef, pork, chicken, fish, and eggs
- Beans and legumes
- Fermented soy, e.g. tempeh

Your Notes:

FRUIT AND VEGETABLES

Eliminate or treat as indulgences:

- Dried fruit with added sugar, e.g. dried cranberries, some raisins
- Fruit juices (with the exception of lemon and lime juice)

Limit:

- Starchy root vegetables like white potatoes, sweet potatoes, and taro
- Corn
- Dried fruit, e.g. raisins & dates

Prefer:

- A variety of fruits and vegetables daily
- Starchy vegetables like butternut and acorn squash
- Fermented vegetables like sauerkraut and kimchi

Your Notes:

SUGAR

Eliminate or treat as indulgences:

- Caloric sweeteners like white sugar, brown sugar, honey, agave, maple syrup, date syrup
- Artificial sweeteners like aspartame, Equal, Sweet and Low, saccharine, sucralose
- Desserts, candy, and sweets

Limit:

- Coconut sugars
- Sugar alcohols (mannitol, sorbitol, xylitol, lactitol, isomalt, maltitol)

Prefer:

- Natural sweeteners like stevia and monk fruit

Your Notes:

DAIRY PRODUCTS AND DIARY ALTERNATIVES

Dairy may or may not fit in a healthy diet for you

Eliminate or treat as indulgences:

- Skim or nonfat dairy products
- Nut and grain milks with added sugar and stabilizers
- Processed vegan “cheese”
- Sweetened yogurt

Limit:

- Milk, cheese, sour cream, buttermilk
- Cheese. As long as you are not sensitive or allergic to dairy products, cheese may be a perfectly good source of protein for you. Opt for semi hard or hard varieties like cheddar or and Parmesan.
- Soy milk

Prefer:

- Fermented dairy products like yogurt, kefir
- Grass fed dairy products–butter, milk, cream
- Cottage cheese
- Minimal ingredient or homemade nut, seed, and grain milks
- Vegan cheese from cashews

Your Notes:

FATS AND NUTS

Eliminate or limit:

- Industrial seed oils like canola, corn, sunflower oils, grapeseed oil
- Hydrogenated oils

Limit:

- Light olive oil or pure olive oil
- Non-grass fed butter
- Peanuts and peanut butter

Prefer:

- Butter, ghee
- Coconut oil, extra virgin olive oil, virgin olive oil, cold pressed grapeseed oil, avocado oil
- Lard and tallow from grass fed animals
- Seeds and nuts and their butters
- Avocados, coconuts, olives, and most nuts

Your Notes:

ALCOHOL AND OTHER BEVERAGES

Eliminate. Limit, or treat as indulgence:

- Wine, beer, and spirits
- Soda, both diet and regular
- Fruit juice
- Soy milk

Limit:

- Bottled beverages like kombucha and coconut water
- Grain milks like oat and rice

Prefer:

- Water
- Coffee, tea
- Nut and seed milks
- Vegetable juices
- Smoothies made with pureed rather than juiced fruits and vegetables

Your Notes:

SNACKS AND ARTIFICIAL INGREDIENTS

Eliminate or treat as indulgences:

- Fried chips, fried white and sweet potato fries
- Popcorn
- Crackers

Limit:

- Baked white and sweet potato fries
- Guar gum, xanthan gum, arrowroot, tapioca starch
- Natural and artificial flavors
- Nitrates and nitrites

Prefer:

- Hummus and vegetables
- Fresh fruit
- Nuts

Your Notes:



LIFE IS A JOURNEY

Let's take it together.

www.WholeLifeChallenge.com

