

# FALL CHALLENGE

August 29th



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THE CHALLENGE

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CHECK-LIST

*Are you ready to reach your full potential and level up your fitness this fall? This challenge is all about pushing yourself in different areas of your health to feel your best. During this fall challenge, you will be practicing being more intentional, taking your fitness to the next level, and nourishing your body in areas you might be lacking. Plus, this will be the first core challenge in Flourish Fit. Let's begin!*

## **Fall Challenge Focus**

- Reaching your full potential
- Being more intentional with your time
- Challenging yourself to make progress in the areas you struggle with most
- Strengthening your core

# STEPS TO PREPARE

## 8 weeks

- Start Date: Monday, August 29th
- End Date: Sunday, October 23rd

## Three goals to complete each day

- 1 mental health goal
- 1 nutrition goal (Choose 1 from the options provided)
- 1 fitness goal

## Free Days

- Take the day off from the challenge goals when you need it and hop back in the next day. We have intentionally added a free day a week to encourage consistency, not perfection.
- Add in one free day a week to your schedule or use it when things don't go as planned

# Click to download

- [Fall Challenge printable tracker](#)

# Enter for \$200 Grand Prize

- At the end of the challenge, you'll be able to submit a testimony about your progress through the challenge. You'll find details on how to enter in the Fall Challenge Highlight at the end of the challenge.
- By submitting a testimony, you'll be entered for our Fall Challenge grand prize, and we will choose the winner at random
- We don't want to select anyone over the next. If you worked hard to make progress in improving yourself from the inside out, then you have already won. The prize is just a fun bonus.

# Challenge Highlight

- In the weekly section of our app, you'll find the Fall Challenge highlight with more details, weekly encouragement, bonus challenges, and more throughout the challenge

MENTAL  
HEALTH GOAL

*Goal*

**PHONE DETOX: NO  
NONESSENTIAL PHONE  
ACTIVITY 1 HOUR BEFORE  
BED AND WITHIN 30  
MINUTES OF WAKING**

One hour before bed, stop all nonessential phone activity such as scrolling social media, online shopping, games, etc. Then when you wake up, avoid using your phone for any nonessential activity for the first 30 minutes of your day.

## Benefits

Before bed: Mindlessly scrolling before bed can distract you and stimulate your brain, causing you to either stay up for more hours than you should or make it difficult to fall asleep. Specifically, scrolling, writing emails, or texting can have the greatest impact on disrupting your sleep because you are actively using your phone. The light from your screen can also have an impact because the blue light from your phone mimics the daylight. You want to keep your internal body clock in tune with light and dark as much as possible to help you feel more tired at night and awake during the day. And lastly, checking social media, texts or emails might affect how you feel emotionally before going to sleep.

## Benefits

When you wake up: it can be beneficial to stay off your phone so you are in control of setting the tone for the day. When you check your phone first thing in the morning, you are inviting the rest of the world to have an impact on how you feel that day. Work emails might make you start your day off feeling stressed, or scrolling through social media might have you start your day comparing yourself to others.

Taking time before bed and when you wake up is essential to taking care of your mental health. It gives you the power to end and begin your day on a positive note, feel more present, and be more intentional with that time.

# ***IDEAS***

for what you can do during this time to be more intentional instead of using your phone...

## **Before bed**

- Read
- Journal
- Red light therapy
- Stretch
- Gua Sha
- Reflect on your day
- Think of three things you did well that day
- Practice deep breathing
- Sip on calming tea
- Castor oil pack
- Magnesium salt or Epsom salt bath

## **In the morning**

- Go for a walk
- Make your favorite cup of coffee or tea and read
- Practice deep breathing
- Dry brushing
- Gua Sha
- Stretching or foam rolling
- Step outside
- Think of three things you are grateful for
- Make your bed and clean up
- Enjoy a balanced breakfast

NUTRITION  
GOAL  
(CHOOSE ONE)

*Goal*

## **Option 1 | FOCUS ON PRE OR POST WORKOUT NUTRITION**

Choose one or both:

**Pre Workout Nutrition:** Consume a balanced meal or snack 1-2 hours before your workout (or 30-45 minutes for very early morning workouts)

**Post Workout Nutrition:** Consume a balanced meal or snack 45 minutes after your workout

If you do not fuel your body properly before and after your workouts, you will likely struggle to see progress. This is because your body will begin to utilize its own tissues to supply fuel to your cells to complete and recover from your workout. Oftentimes this is what will keep you from seeing progress in your fitness and can even work against you by lowering your metabolic rate (the calories you burn at rest).

**For pre workout nutrition,** focus on getting at least 100-200 calories in a 1:2 ratio of protein to carbs (ex: 15 grams of protein with 30 grams of carbs) 1-2 hours before your workout. For early morning workouts, focus on easy to digest carbs with as much protein as you can handle. You may need to adjust the calories based on your needs and if this is a meal or snack.

**For post workout nutrition,** focus on getting at least 100-200 calories in a 1:2 ratio of protein to carbs (ex: 15 grams of protein with 30 grams of carbs) within 45 minutes of your workout. You may need to adjust the calories based on your needs and if this is a meal or snack.

## Here are great pre or post workout snacks

- ½ cup oats + 1 banana + 1 cup milk + collagen or protein powder of choice
- 2 eggs + ½ cup oats
- ½ cup low fat cottage cheese + ½ cup fruit (or 1 piece of fruit)
- ¾ cup greek yogurt + 1 tbsp honey + granola or fruit
- Smoothie: ½ cup milk of choice + ½ cup coconut water + 1 banana + ½ cup fruit of choice + protein powder and/or collagen
- 2-4 rice cakes (organic) + ½ cup low fat cottage cheese + ½ cup blueberries or fruit of choice + honey drizzle
- 2-3 hard boiled eggs + 1 oz low fat cheese + 1 cup sweet potatoes
- Beef jerky + popcorn

- 1 cup bone broth + 1 oz cheese + 1 cup fruit
- Turkey sandwich with organic turkey + sourdough or sprouted grain bread + veggies of choice
- 1 can tuna with 2-4 tbsp greek yogurt + rice cake
- 4 oz chicken breast, fish, or beef + 1 cup potatoes or squash
- 8 oz organic chocolate milk + beef jerky
- Homemade chocolate milk: 1 cup low fat milk + ½ tbsp honey/maple syrup + 1 tbsp cacao + 1 serving collagen
- Dairy-free chocolate milk: 1 cup dairy-free milk of choice + ½ tbsp honey/maple syrup + 1 tbsp cacao + 1 serving chocolate protein powder (I recommend beef isolate or bone broth protein powder for dairy free protein powder options)

## Easier to Digest/Fast

### Digesting Options:

- One Piece of Fruit + beef jerky
- One Piece of Fruit + low fat cheese
- Adrenal Cocktail: Mix together  $\frac{1}{2}$  cup orange juice,  $\frac{1}{2}$  cup coconut water, 1 scoop collagen, pinch of sea salt
- $\frac{1}{2}$  - 1 cup Low Fat Milk or Chocolate Milk (homemade or store bought)

*You can read through the Nutrition: Start Here Guide in the resource section to get more details on how to build proper pre and post workout nutrition.*

*Goal*

**Option 2 | CHOOSE A MEAL  
OR SNACK TO MAKE  
MORE NOURISHING**

Identify one meal or snack in your day that you want to improve the balance of macronutrients (protein, fat, carb), make more nutrient dense (add in micronutrients), or improve the overall quality of (ex: swap processed foods for whole foods).



## Benefits

*Do you find that you always end up with a bag of chips or candy bar mid-afternoon because you failed to prepare a healthy snack? Do you eat out more than you would like because you don't meal plan or prep before your week starts? Do you feel like you always end up eating candy or processed sugar because you don't have a healthy treat on hand despite knowing those cravings will come? Do you grab a protein bar for breakfast because you didn't have time to eat?*

*It's small changes like this that can be the difference between staying the same and reaching your goals.*

## This can look like:

- *Including more protein in your snacks or meals*
- *Swapping processed foods like crackers, chips, or candy with whole foods like fruit (sweet), veggies (crunchy), seaweed (salty), beef jerky (savory)*
- *Swapping processed desserts for a homemade treats like our GF Oatmeal Chocolate Chip Cookies, Chocolate Collagen Banana Bread, or Pumpkin Chocolate Chip Muffins (all recipes inside our Recipe Book)*
- *Planning a healthy treat into your meal plan like our apple pie parfait, fruit with whipped cream, or the gut healing chocolate gummies*
- *Swapping alcohol for healthier drinks like Kombucha, sparkling water, or our Hydrating Mojito Mocktail recipe (some alcohol is OK in moderation but daily or excessive use can impact health and progress).*

FITNESS  
GOAL

Goal

## **FOLLOW THE DAILY CORE CHALLENGE**

You'll find the 8-week core challenge in the highlight section of the app. All days will be scheduled out for you to follow in order and check off daily.

*You will follow the Fall Challenge Split just like our previous workout splits. Watch the Fall Challenge Split Details video to choose how many days a week you want to train and modify the split to what works best for you. Then you will complete the daily core challenge alongside the split. If it's a day off from training, you'll complete the daily core challenge on its own. If it's a training day, I recommend adding the daily core challenge to the end of your workout.*

# CHECKLIST

**Fill Out Your Goals**

- Mental Health: No nonessential phone activity 1 hour before bed and within 30 minutes of waking up
- Nutrition, Option #\_\_\_:
- Fitness: Follow the daily core challenge

**Screenshot or print the calendar tracker**

**Fill out your planner with workouts, daily goals, etc.**

- *Tip: you can schedule and set reminders for workouts in the app to help you reach your fitness goal*

**Check-in on the app weekly & follow our social pages for accountability and support. ([Join our Facebook group, Flourish Fit Community](#)).**