

50/50 Super Challenge

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We are all having so much fun with these challenges! Welcome to a new kind of challenge - the 50/50 Super Challenge! Cash prize to the winner! (See how to collect points below)

The 50/50 part is a small financial investment from you, and the more people that sign up, the larger the prizes! So invite everyone you know! This is not about income for me – it will not cover what this costs me to run – this is about YOU investing in yourself.

The Super Challenge part is more challenging tasks/items/goals to complete - but again, you get your choice!

Choose 5 or More of the 8 Each Day

1. Fitness:

- 30 mins of cardio AND 30 mins of strength AND 30 mins of stretching/balance

2. Greens:

- 3 servings of CRUCIFEROUS greens (list attached)

3. Hydration:

- 1/2 your weight in ounces AND no drinks that don't count (apart from tea/coffee)

4. Stress:

- 30 minutes of prayer, meditation, or deep breathing

5. Sleep:

- Set bedtime and wake time (same each day) AND 30-minute wind down before bed

6. Purpose:

- 30 minutes doing for others or working on your deepest passion (not anything you already do)

7. Connection:

- Reach out to one new person each day to check on them (friend, family, someone new)

8. Super foods:

- 3 of any of these (1 tbsp ground flax; 1/4 tsp of turmeric + pinch of black pepper; 1 tsp amla powder; 1 tsp black cumin; 1 tsp ground ginger (or 2 tsps fresh); 1/4 tsp ground clove)

14 days beginning Monday, November 15th. I know it's the holiday season - that is part of the super challenge. Why do we neglect our health this time of year? It's a habit - just like any of the others!

One CASH Prize! 50% of entry fees!

You get your name entered for every point you earn:

1. Daily check-in required (each fully completed challenge is one point).*
2. Post on social media (anything related to the challenge – each post one point).
3. Provide me a one- or two-line comment on the challenge (each comment one point).
4. One point for every friend you invite that signs up!

*Late check-ins are allowed minus one point for every day late.

Cruciferous Greens List:

Arugula/Rocket Bok Choi Broccoli/Broccolini Brussels Sprouts	Cabbage Chard Collard/Mustard Greens	Kale Kohlrabi Watercress
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*For an extra punch of nutrition, try any of the above in sprout form.