



# #SPRINGFORWARD

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## HOW TO PARTICIPATE

After you complete a challenge, post in the app with the hashtag #SpringForward. If any of these challenges feel too big, too overwhelming? Break it down as much as you need in order to move your grain of sand.

You can repeat each challenge more than once during the month, in fact, we hope you do!

At the end of April those who posted with **#SpringForward** will be entered in a random drawing where five people will win a BioSense Breath Ketone meter.

## MOVE

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- Add a 5-minute walk to your day; post a selfie in the chat

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- Try one of the new programs in the Fitness & Exercise section of the app – post a sweaty selfie

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- Do a set of 5 pushups and 5 squats 5 times today. Modify to your ability and time! Wall pushups count!

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- Plan out your movement opportunities for the week; add them to your calendar.

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## REST / SELF-CARE

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- Get into bed one hour earlier than usual. What was challenging about this for you? What did you like about it? The next morning post about it in the chat.

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- Set the timer on your phone for 5 minutes, close your eyes and just breathe.

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## DETOX / DECLUTTER

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- Throw away 5 things. They don't have to be big things: a tattered pair of socks, a bunch of junk mail or a pile of catalogs. Throw it away. Clearing your physical space helps clear your mental space.

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- Clean one drawer or one shelf in your home. One drawer or one shelf.

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- Put your phone in another room for one hour a day and do not look at any computer screens for that hour.

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- Try to avoid processed foods for one day, sticking to single ingredient, whole foods. If one day is too much, try one meal.

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- Drink 8 oz. of water every hour

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## SET YOURSELF UP FOR SUCCESS

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- Do one hour of meal prep this week.

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- Post a recipe for batch cooking/freezing on the Food & Recipes Message Board.

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- Make a list of 5 healthy meals you can get your hands on relatively quickly and put the list in the notes section of your phone. Post a screenshot in the chat.

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- Do you have access to safe foods in every place you find yourself: home, car, office, purse/briefcase? If not, put something in each one of those places so you don't have to hope willpower magically shows up when you're super stressed and your reserves are shot.

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## BOND / SHARE

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- Refer a friend to app, tag them on the Community Chat and invite them to any Tuesday evening group coaching call or Wednesday afternoon mini meeting (open to all in April).

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- Thank someone in the Community Chat for being helpful, inspiring, or vulnerable.

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- Reach out to someone on the app to be your accountability partner. Use both hashtags #SpringForward and #BetterTogether to help find someone.

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## ASSESS

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- When was the last time you struggled with staying on your eating plan? What made it hard? What could someone around you have done to help you make it easier? What could you do to help yourself next time?

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- Identify one big project you are having trouble getting traction on, something that has been weighing you down because it feels overwhelming. Pretend you are explaining it to a 7-year old child. How would you explain to them how to do it? Write out those instructions, breaking them down into teeny tiny steps that a young child can grasp. You've just given yourself the blueprint on how to get this done. Tackle the very first thing on that list.

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So, at what point does one grain of sand result in change—for you?