



Experiment Overview & Scoring Guide

There Are Many Factors That Go Into Living A Fulfilled Life Of Health, Wellness, & Happiness! Generally The Focus Is Losing Weight...Which Is Fine & Great But Within THIS Experiment We Are Going To Focus On Creating A Series of Habits & Skills That Lead To A Complete Life of Health, Wellness, and Happiness! You May Decide To Lose Weight, Maintain Weight, Or Gain Weight...Which You Can Certainly Do Throughout The Experiment, However, WE ARE INTERESTED IN MAKING THE HEALTHY LIFE STICK FOR GOOD, AND ALWAYS STRIVE FOR MORE!

Throughout The Experiment You Will Be Earning Points That Will Help To Develop The OVERALL Person and Create A Full Life of Health, Fulfillment, and Happiness!... And Even Win Some Prizes!

You Will Earn Points By Completing The Following Three Categories!

- 1- The Daily 6**
- 2- Random Challenges**
- 3- Weekly Focus**

**Disclaimer:* It Is Critical That You Work On The Fundamentals At YOUR PACE! Yes You Should Be Pushing Yourself To Do More...However Remember That Nothing Is Mandatory, and You Don't Have To Complete EVERYTHING... There Is No Standard To Try And Live Up To, or Comparison To Make With Others... YOU ARE EXACTLY WHERE YOU NEED TO BE! Getting More Points Is Great and You Should Certainly Try, But More Points Simply Equals A Greater Chance To Win Prizes... The True and GENUINELY BEST PRIZE Will Be Learning About Yourself and How To Apply Some Skills & Habits To GET OUT OF THE TRAP OF POOR HEALTH FOREVER!

The Daily 6:

These Are The Essentials, 6 Things That Are Foundational For Success In Living A Life of Health and Wellness! They're The Non-'Sexy'...Yet They're The Keys To Both Short and Long Term Sustainable Success! When We Make Hitting All of These Essentials EACH & EVERY DAY A Routine It's Almost Impossible For A Life of Health & Happiness To Follow!

The Goal Each Week Is To Hit ALL Six of These Items For 6 of 7 Days In The Week! Doing So Will Get You A Point!

Water: SET A 'MINIMUM' OUNCES OF WATER LIMIT' TO DRINK EVERY DAY! CHOOSE A NUMBER THAT REFLECTS WHERE YOU ARE IN YOUR HEALTH AND WELLNESS JOURNEY! Suggestion: 40oz Minimum, Scale Up From There!

Exercise: MOVE WITH INTENTION FOR A MINIMUM OF 20 MINUTES! ANYTHING FROM STRETCHING, TO A WALK/BIKE RIDE, TO A FULL BODY STRENGTH TRAINING SESSION! CHOOSE SOMETHING THAT FITS YOU EACH DAY...JUST MOVE!

Veggies: EAT AT LEAST 2 SERVINGS OF VEGGIES EACH DAY AND SCALE THAT NUMBER UP TO REFLECT WHERE YOU ARE IN YOUR HEALTHY EATING JOURNEY!
Suggestion: Make At Least 1 Be A Green Veggie!

Habit/Skill: CHOOSE A HABIT/SKILL TO PRACTICE AND MASTER THAT WILL LEAD YOU TOWARD ACHIEVING YOUR GOALS AND MAKE YOUR LIFE OF WELLNESS EASIER AND AUTOMATIC! THE MOST SUCCESSFUL & HEALTHIEST PEOPLE HAVE MADE THE BASICS A HABIT!

Suggestion: Make It Something That Will Help You In A Specific Area That YOU Struggle With or That Will Help You Master A Struggle Area

Accountability: CHOOSE AN ACCOUNTABILITY BUDDY (OR MULTIPLE BUDDIES) AND SIMPLY CHECK IN WITH THEM DAILY TO KEEP EACH OTHER ON TRACK. THIS CAN BE A SIMPLE TEXT/MESSAGE, PHONE CALL, OR MEET UP. THE BEST SUCCESS COMES WHEN THERE IS HELP FROM OTHERS TO STAY ON TRACK!

Suggestion: Choose Someone That Will Both Be Supportive As Well As Hold You Accountable and Not Affirm Your Bad Habits.

Happiness: INTENTIONALLY DO SOMETHING THAT MAKES YOUR LIFE OR THE LIFE OF OTHERS BETTER AND HAPPIER, SOMETHING YOU ENJOY! MAKE THE TIME FOR AN ACTIVITY THAT IMPROVES YOUR LIFE. A LIFE OF HEALTHY LIVING IS FAR MORE THAN FOOD AND FITNESS, IT'S ABOUT CREATING A LIFE OF FULFILLMENT AND HAPPINESS.

So As You Can See They Are The Basics, Yet To Truly Master The Basics Is The Real 'Hard Work'!

The Key To The EXPERIMENTING With Many of These Basics Is That YOU SET YOUR LIMIT! You Want To PUSH YOURSELF But Not To The Point Beyond What You Can Cement As A Habit... Start Slow, But Don't Cheat Yourself Out of Progress!

Be Ok With Getting Uncomfortable!
Begin Where YOU ARE AT In Your Health and Fitness Journey!
Enjoy The Daily Goal of Checking Them Off Your List!
Mix It Up With Some of The Categories & EXPERIMENT With New Methods!
When Something Is Working...REPEAT, REPEAT, REPEAT!

Random Challenges:

Staying Fresh and Staying Challenged Each Day Is How We Grow Healthier. On Random Days Throughout The Challenge You Will Have The Opportunity To Earn Bonus Points Called "Random Challenge Points". These Will Keep You On Task, On Point, and One Step Ahead Of Unhealthy Living. These Will Be Posted Either The Night Before or The Morning Of In The Private Facebook Group.

You HAVE THE OPPORTUNITY To Earn A Specific Number of Points Per Day For Completing An Impact Challenge When Posted

On Random Days There May Be A Challenge Put Out In The Beginning Of The Day, If You Complete That Challenge By The End of The Night, You Get A Point

Challenges Range From Logging Food, Taking Pictures of Meals, Describing Your Exercise For The Day, Doing Something Creative, Describing Your Breakfast, Etc....There Are A Lot Of Things...But Fair and Open To Everyone!!!

Your Weekly Focus:

The Last Way To Earn Points Is By Choosing Something To Focus On Each Week That You Think Will Help You Most, or You Simply Want To Improve On/Work On The Most In Your Life. These Don't Have To Be Big, They Should Just Suit YOU and YOUR Needs.

So Choose Something That You Think Would Better Your Life In Some Way... A Goal, A Nagging Issue, A Task You Wish To Complete... Anything... It's YOUR Focus of The Week!

Here Are Some Suggestions (Although It Doesn't Have To Be From This List, But These Are All Great!)

Weekly Weight Goal:

Weight Isn't The Most Significant Aspect of Health..BUt It Is Very Trackable and Plays A Role In Your Overall Health, So Each Week You Will Set Your Own Weekly Goal To Either Lose Weight, Maintain Weight, or Gain Weight...Depending On Your Goals. Each Goal Has It's Limits: You Will Earn 1 Points For A Weekly Weight Goal Being Met or Not

Lose Weight = .5 - 2.5lbs á

Maintain Weight = Within .4lbs Up or Down

Gain Weight = .5lbs

If You Choose This I Would Suggest You Weigh Yourself Every Monday Morning After You Go To The Bathroom and Before You Eat. Use The Same Scale Positioned In The Same Place Each Week...No Mid-Day Weighing or Nighttime Weighing!

Fitness Focus = A Goal That Is Related To Physical Fitness...Examples...Do A Pushup, Pull-up, 10 Min Mile, 30 Situps In 2 Minutes, Squat To Parallel, Etc.

Nutrition Focus = A Goal That Is Related To Nutritional Habits ... Examples....A Macronutrient Focus And Hitting A Certain Number of Protein or Fats Each Day, Meal Prep For An Entire Week, Log Food Every Day In An App or On Paper, Set/Hit A Macronutrient Goal With All Three, Eliminate or Decrease Pop, Candy, Etc.

Personal Focus = A Goal That Is Related To Personal Development... Examples...Read 2 Books, Organize Your House, Declutter An Attic/Garage, Manage/Organize Your Budget, Take An Online Course, Meditate Regularly, Etc.

Community Focus = A Goal That You Support That Benefits The Community.... Examples... Donate Time/Money To A Charity, Volunteer At A Nursing Home/Homeless Shelter, Organize A Clothes or Food Drive, Read To Kids At A School, Sponsor A Child Overseas, Mentor Somebody Else In Need, Take An Afternoon To Pick Up Garbage Around Your Neighborhood, Etc.

Creativity Focus = A Goal That Forces You To Create Something...Examples ... Write A Story/ Memoir/Song, Play or Learn To Play An Instrument, Plant A Garden, Build A Table, Chair, Gazebo, Anything, Paint or Draw A Picture, Make A Sculpture, Make A Blanket, Scarf, Hat, Piece of Clothing, Etc.

Sleep: Sleep Is The Most Critical Aspect of Overall Health and The Most Neglected By Many. You Can Work On A Sleep Routine With Habits That Lead To A Full 8 Hours of Sleep or A Respectable Improvement Depending On Where You Are Currently At. Working On Systems That Get You To Sleep Faster, Deeper, and Overall BETTER Would Be Amazing. This May Be Shooting For A Certain Amount or Simply Successfully Following Through With A Task That Will Lead To Better Sleep.

Spiritual Focus = A Goal That Is Focused On A Dedication To Your Spirituality (Whatever That Might Be)... For Me Personally I Can Attest To The Reality That Allows The Chaos of Life To Put My Faith On The Back Burner Which Is Not Ok For Me In My Life. So Perhaps A Focus On A Certain Amount of Praying Time, Devotional Reads, Serving With Others, Attending Church A Certain Amount, or Practicing Your Spirituality In Any Way That It Serves You Best... Taking Time For Your Own Spirituality Is Important.

Flexibility & Mobility/Mindfulness Focus:

Most All of Us Are Tight, Achy, Sore, and 'Locked Up' In Our Own Bodies. Years of Sitting, Poor Posture, and Failing To Work Our Entire Muscles Ranges and Ligaments Fully Have Caused This Epidemic. Improving Our Flexibility and Mobility Throughout Our Entire Body Would Help Us Move, Feel, and Look Better...It Can Aid In Pain Relief, Energy, and Even Fat Loss...Yet We Blow It Off Easily!

In Addition To Tight and Achy Bodies, We Are Living In The Most Stressful Time In Our World's History and Everything From The Busy Work Schedules, To Bills, To Dangers, To EVERYTHING THAT DEMANDS OUR TIME Cause An Incredible Amount of Physical, Emotional, and Mental Stress To The Body...We Do Not Know How or Simply Do Not Properly Slow Down and RECOVER. As A Byproduct Or Bodies and Minds Are Develop A Great Amount of Inflammation and Damage To The Body That We Are Living In Daily This Chronic Stress Is Killing Us Day By Day...Our Sleep, Focus, Happiness, and LIFE All Suffer From These Consistently Building Stresses.

Which Is Why We Will All Have The Opportunity To Do A Flexibility & Mobility/Mindfulness Challenge! Every Day You Can Do EITHER A Flexibility Goal or A Mindfulness Goal...OR BOTH.

Flexibility and Mobility = There Will Be A Flexibility & Mobility Video That You Can Follow Each Day And Do At Home. You Will have The Opportunity To Ask Any Questions or Modify Anything That You Want, OR If You Have Another Routine That You Would Like To Follow or Modify A Stretching Program On Your Own...That's Awesome Too!!! Just Need To Do 10 Minutes of Daily Planned Work In These Areas.

OR

Mindfulness = You Can Participate In 10 Minutes of Any Mindful Activity That Is Purposed To Restore Your Mind, Body, and Soul To A State of Peacefulness Again. This Can Include Meditation (Some Good Resources Are - Mindspace, Calm, Holosync, and Various Other Apps That Can Assist), But Basically Any Type of Mental Relaxation and Centering Practice...Doesn't Have To Be All Woooo Woooooo. Can Also Be A Form of Deep Breathing (Box Breathing, Tempo Breathing, Balloon Breathing, Etc.....), Could Be Going To The Spa/Sauna...Anything That Brings Your Attention Off Of The World Around You And Back To Calm.

*** Complete Your Weekly Focus For For 6 of The 7 Days = 1pt!**

EACH MONDAY MORNING YOU WILL GET AN EMAIL WITH A SIMPLE FORM TO CLICK WHETHER OR NOT YOU GOT YOUR DAILY 6 POINTS, RANDOM CHALLENGE POINTS, & WEEKLY FOCUS POINTS! YOU JUST CLICK THE POINTS YOU COMPLETED AND SEND IT BACK AND YOU'RE ON YOUR WAY TO WINNING SOME PRIZES!

AT THE END OF THE 5 WEEK EXPERIMENT THE GROUP WILL REMAIN OPEN TO CONTINUE TO WORK ON OURSELVES, HOWEVER YOU WILL THEN GET TO ENTER TO WIN A PRIZE(S) OF YOUR CHOICE!