



## 21-Day Jumpstart Challenge

It's time for a 21-day **#8fitChallenge!** Participate on Instagram to win one year of 8fit Pro for you and a friend. All you need to do is follow along and post daily. Using this guide, journal about the daily task and how you feel.

By the end of the challenge, you'll develop new, healthy habits that'll stick and you'll feel like a part of the amazing, empowering community of 8fitters.

*Day 0*

Before we start, let's answer an important question: Why are you doing this challenge? Post a photo explaining your "why" on Instagram.

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*Day 1*

Let's keep things simple on Day 1: Just move. Post a picture of how you're moving today.

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*Day 2*

Tuesdays are for **squats**. Set a timer for 1 minute and see how many squats you can do with proper form! Post video or photo proof.

How many squats you do? \_\_\_\_\_

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Day 3

Do an 8fit **HIIT workout** (or two!) and then see how long you can hold a **plank!** Post a photo of your workout, stopwatch or a plank selfie.

Plank time \_\_\_ : \_\_\_

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Day 4

Fitness isn't the only piece of the wellness puzzle. It's time to focus on nutrition. Post a photo of your healthy breakfast.

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Day 5

**Push-up** challenge! Set a timer for 1 minute and do as many push-ups as you can with proper form and without dropping your knees. If you're new to working out, you can do these with hands at chest, waist or knee height.

How many push-ups did you do? \_\_\_\_\_

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Day 6

Do you eat any packaged foods? Read the food label and check to see if it's as healthy as you thought it was. Look for sugar or unrecognizable ingredients. Share your findings!

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Day 7

**Walk** extra today by parking far away, taking the stairs when you would normally take the elevator, or getting off the bus 1 stop early. Post proof!

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Day 8

Motivation Monday! Post your favorite motivational quote or phrase. Tag **#8fitChallenge** and check what fellow 8ffitters posted.

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Day 9

**Squat time!** Set a timer for 1 minute and see how many squats you can do with proper form! Did you beat last week's record?

How many squats you do? \_\_\_\_\_

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Day 10

Do an 8fit **HIIT workout** (or two!) and then see how long you can hold a plank! Post a photo of your workout, stopwatch or a plank selfie.

Plank time \_\_\_\_ : \_\_\_\_

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Day 11

Meals with a combination of protein, healthy fats, and whole grain carbs are a great way to fill up without an afternoon crash. Post a photo of your healthy lunch!

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Day 12

**Push-up** challenge! Set a timer for 1 minute and do as many push-ups as you can with proper form and without dropping your knees. If you're new to working out, you can do these from chest, waist or knee height.

How many push-ups did you do? \_\_\_\_\_

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Day 13

Juices and sodas often have high sugar and calorie counts. Replace those beverages with good ole water and share a photo.

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Day 14

Go for a walk or bike ride today. If it's raining or snowy outside, do a cardio workout inside. Share a photo!

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Day 15

Monday is a great day to set an intention. What's your goal this week?

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Day 16

It's Tuesday which means... **squats!**  
Set a timer for 1 minute and see how many squats you can do with proper form!  
Did you set a new record?

How many squats you do? \_\_\_\_\_

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Day 17

Do an 8fit **HIIT workout** (or two!) and then see how long you can hold a **plank!**  
Post a photo of your workout, stopwatch or a plank selfie.

Plank time \_\_\_\_ : \_\_\_\_

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Day 18

This week we're focussing on dinner.  
Post a photo of your healthy dinner.  
(Bonus points if it's an #8fitRecipe!)

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Day 19

**Push-up** challenge! Set a timer for 1 minute and do as many push-ups as you can with proper form and without dropping your knees. If you're new to working out, you can do these from chest, waist or knee height.

How many push-ups did you do? \_\_\_\_\_

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Day 20

What's your least favorite exercise? Do it in a Tabata! That means 20 seconds of work and 10 seconds of rest repeated 8 times total. How was it? Post on Instagram.

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Day 21

It's the final day of the challenge which means... time for reflection! How do you feel?!

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Good job !

Give this challenge another go anytime  
you need a healthy reset!

