

Loving Food 600 Challenge



Updated 27 Apr23

So you have done the Workshop, you have the Toolbox and now you can commit to get the free T-Shirt! Commit to making change consistently and you will earn the sweat-shirt!

Over the next 60 you are challenged to earn 600 points to complete the Loving Food Challenge (20 points per day for 30+ days).

Commit to the challenge on our private Facebook group and we will gift you a "600 Challenge" T Shirt (if you don't already have one).

Why:

- 1. So that you can do the things you Love for Longer
- 2. Knowledge Is NOT Power. Knowledge put into Action IS Power
- 3. Because its fun to change things up and create new beneficial habits.

Who:

- a. Who are the 3 people or groups (other than your Future Self) that will be most positively impacted by you having more energy and being more focussed and feeling more upbeat?
- b. What can they do more of/be more of when your food-life is more nurturing?

1a		1b
2a		2b
3a		3b.
4a.	Your Future Self	4b.

How

You earn 4 points for the following changes to your food-life:

- a. No Snacking at all between meals (except protein bites and other protein rich foods)
- b. No Eating 2 hours before bedtime.
- c. No bread, pasta, potatoes or other flour products (just guinoa brown rice and similar)
- d. Have a healthy smoothie and/or green juice instead of a meal. 3 meals max per day.
- e. (Your option) For example "No caffeinated drink for the whole day (tea/coffee/hot choc/monster etc)" 4 points (it must be a eating habit which is a challenge for you).

Once you have Registered via our <u>Private Facebook Group</u> (<u>click here</u>) for your first challenge AND POSTED YOUR FIRST WEEKS TOTALS you will receive your "Loving Life Chiropractic 600 Challenge" T-Shirt for free! Once you have successfully completed all 4 challenges **AND** attended all 4 live workshops you will earn yourself your "My Body is a Temple" sweatshirt! Details to follow.

Loving Food Tracker

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