



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 quinoa 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 [Private Facebook Group \(click here\)](#) 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.

