



Loving Movement 600 Challenge

Updated 18 Oct 22



So you have done the Workshop, you have the Toolbox and you can commit to get a free T-Shirt!
Now its time to earn the sweat-shirt!

Over a maximum 60-day period you are challenged to do a minimum of 600 Push Ups (or alternative) over 30 days. (i.e. 20 push ups a day would achieve 600 push ups in 30 days). Commit to the challenge on our private Facebook group and we will gift you a “600 Challenge” T Shirt.

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 thought-life is more positive?

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

How

You earn 1 points for every push up (beginner, intermediate or difficult – all score the same – scale to your ability).

Over 60 days you must complete 30 days of 20 push-ups. Check off on your tracker sheet.

Example: I get up and do 30 intermediate push-ups on Mon, None on Tuesday and 40 intermediate on Wednesday and 20 difficult push-ups on Thursday. I have completed 3 days of over 20 push-ups out of 4 days. I have achieved 75% completion and must keep the completion rate over 50% to pass the challenge.

I have a shoulder problem so I choose to do 5 push-ups and 15 sit up/crunchies/leg raises instead of 20 push-ups

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 you will earn yourself your “My Body is a Temple” sweatshirt! Details to follow.

Loving Movement 600 Challenge Tracker

			Difficulty Level						Difficulty Level		
									Exercise		
#	Day	Date	Beginner	Intermediate	Expert	#	Day	Date	Beginner	Intermediate	Expert
1						31					
2						32					
3						33					
4						34					
5						35					
6						36					
7						37					
8						38					
9						39					
10						40					
11						41					
12						42					
13						43					
14						44					
15						45					
16						46					
17						47					
18						48					
19						49					
20						50					
21						51					
22						52					
23						53					
24						54					
25						55					
26						56					
27						57					
28						58					
29						59					
30						60					

30+ days of over 20 floor exercise reps to complete the challenge – visit Facebook Private group to register and go to “The Loving Life Pyramid” and “Dr Craig Hindson” YouTube Channels for example exercises.

Special prizes awarded in draw for most improved person.

Notes/Remarks: