

## **Loving Rest 600 Challenge**



Updated 13 July 22

So you have done the Workshop, you have the Toolbox and now its time to earn the T-shirt! You have 60 days over the next 2 months to earn 600 Loving Rest Points.

### 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 rested?
- b. What can they do more of/be more of when you are properly rested?

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

#### How

You earn points as follows:

Every Day earn over 20 points for completing:

10 points - In bed for 7-8 hours sleep

15 points – In bed for 8+ hours sleep

5 points - No computer/phone/tv/screen time 1 hr before bed

10 points - No computer/phone/tv/screen time 2 hours before bed

5 points – No eating 1 hr before bed

10 points - No eating 2 hrs before bed

-10 points – In bed for less than 5 hours sleep

Example: I go to bed at 9.30pm after switching off my phone and reading at 8.00pm after dinner. I get up at 5.30am to get ready for work.

Points: I earn 15 points for 8 hours in bed + 5 points for not eating for 1.5 hours before bed + 5 points for no screen time for over an hour before bed = 25 points so I enter 25 in my tracker. I keep a running total of my points and of the number of days over 20pts. I have 60 days to accrue 600 points with a minimum of 30 days at 20 or over.

There is a certificate for anyone who completes 30 days of 20 points or over and a sleep enhancing prize for the most points collected over the 60 days.

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

# <u>Loving Rest 600 Challenge Tracker – 1 of 2</u>

Mark				Sleep		Phor	ne	Eating				
1					8+hr	>5hrs		2 hr	1hr	2hr		
2	#	Day	Date								Running Total	Remarks
3	1											
4												
5   6     7   8     9   10     10   11     12   11     13   12     14   14     15   16     18   19     20   10     21   12     23   12     24   14     25   15     26   17     28   10     29   10	3											
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# <u>Loving Rest 600 Challenge Tracker – 2 of 2</u>

			Sleep		Phone		Eating						
			7- 8hr	8+hr	>5hrs	1 hr	2 hr	1hr	2hr				
#	Day	Date	10 pts	15 pts	-10 pts	5 pts	10 pts	5 pts	10 pts	Total points	Running Total	Over 20 pts #	Remarks
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