



## Loving Rest 600 Challenge

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



