



The Loving Mother of All Challenges (MOAC)

Updated 24 Apr 2023

So you have done a few Loving Challenges and you are getting a feel for making habit changes in your life. Now it's time to take your energy, your confidence and you body shaping to the next level and take the Loving Mother of All Challenges (MOAC)!

Paleo-Style (good principles) Sustained for 30-60 Days

* KEY – mandatory 5 out of 7 days

Every Day points for completing:

3 points – No flour/sugar/refined sweeteners/Pastries/cakes/bread/pasta/potatoes etc *

(INSTEAD BROWN RICE, QUINOA, GREENS, GLUTEN FREE BREAD/GF PASTA/PROTEIN BALLS)

3 points – 30 mins intense activity - breathing hard, sweating, heart rate up (can do x2 a day if wish) *

3 points - 7-9 hours sleep (bonus: +2 points for 8 or 9 hours)

3 points – No computer/phone 1 hr before bed (bonus: +2 points if 2 hrs before bed)

3 points - No caffeine all day

3 points – Meditating for 15 minutes/writing gratitude diary/prayer/being thankful

3 points – Replace meal with protein shake/smoothie no snacking other than protein snacks *
(If necessary, fine tune the scoring system to encourage activity you find hardest to do)

Over the next 60 days you are challenged to earn 900 points to complete the MOAC (completing 5/7 tasks every day for 60 days with 15 points per day plus).

Commit to the challenge on our private Facebook group and weight yourself on day one (that's for you, not for the group unless you want to share for extra motivation) and on completion earn a "I Completed the Loving Mother Of All Challenges" certificate and sign off on one of the 4-pillars challenges of your choice – Loving Motion, Food, Thought or Rest.

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. _____

Once completed the MOAC you can choose any of the 4 Challenges to record as completed to help earn yourself your "My Body is a Temple" sweatshirt!

The Loving "Mother of All Challenges" Tracker 1 of 2

* = mandatory 5 days out of 7

		No Snacks & protein shake *	30 mins hard motion (can do second) *	No bread, pasta, potatoes, gluten*	No Computer phone 1-2 hours before bed	No Caffeine	7-9 hrs sleep	All 3 mandatory tasks completed (pass = 5 days out of 7)		Weight 1 st Day= lbs Energy 1 st Day = /100 Weight last Day= lbs Energy last Day = /100
#	Day/Date	3 pts	3 pts (x2?)	3 pts	3 pts-1hr 5 pts-2hr	3 pts	3pts-7hrs 5pts-8+hr	Y/N	Day Total	Remarks/Running Total
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The Loving "Mother of All Challenges" Tracker 2 of 2

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