



## What is The 600 Challenge?

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At Loving Life Chiropractic in order to help people build habits, that help you do what you love for longer, we have developed The 600 Challenge – a simple and fun way to put theory into action.

The best way to do the challenge is by completing the live workshop with Dr Craig, getting your toolbox at the end of the workshop and then taking up “The 600 Challenge” straight away.

This will usually give you 60 days to complete the 30-day challenge. i.e. you only need a 50% pass rate (super-essential for me when I’m doing the Loving Rest Challenge)!

A challenge opens every 2 months after the live workshop and closes 30 days later (this gives 30 days for the late joiners to get in. You can join the challenge any time it is open. You can have between 60 – 30 days to complete the challenge. Obviously, the sooner you start the better your chance of completing the challenge successfully.

If you leave it until the challenge is just about to close (i.e at the 30-day point) you will need a 100% pass rate i.e. you need to successfully complete the challenge every day for 30 days straight.

When you commit to a challenge tell us on our private facebook group with an “I’m In” and if its your first challenge, after a week, post your results in the private group with your t-shirt size to earn your “600 Challenge” t-shirt.

Once you complete all 4 live workshops **and** all 4 challenges you earn a “My Body is a Temple” sweatshirt. During the challenge period post what’s happening in our private members-only FB group (new exercise sites/new recipes/cool videos etc) so we can all benefit/celebrate and encourage and help each other. The link to our private Facebook group is [here](https://www.facebook.com/groups/lovinglifechiro) Yay! 😊💪👏 or use this URL <https://www.facebook.com/groups/lovinglifechiro>

### “My Body Is A Temple” Tracker

	Food	Motion	Rest	Thought
WORKSHOP Completed				
Dr/Ca Signature				
CHALLENGE Completed				
Dr/Ca Signature				