

# Summer Habits 180 Challenge

## The Rules

(more 'guidelines' than actual rules)



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learn to live well

### How the challenge itself works:

This is a points driven challenge. Each day, you are attempting to check off six tasks:

1. Start the day strong
2. Drink eight 8 oz cups of water
3. Walk at least 15 minutes
4. Do some stretching
5. Do some breathing exercises
6. Dedicate time for focused relaxation

For each task you complete, **you will get 1 point.**

For each task you do not complete, **you donate a quarter to charity.**

Each day, you'll enter your point total via a simple online form. We'll update the challenge standings and publish the leader board each morning.

#### Entry Fee & Accountability Donations:

There is a \$5 buy in with the commitment that you will try to the end of the challenge. You'll also pay a quarter to the challenge charity fund for each of the tasks you skip... This challenge is really all about accountability and the proceeds are going to the charity the winner(s) chooses... so you'll feel good, even if you skip something.

Please note - To be fair to those who finish, if you sign up and pay your \$5 - you are making a commitment to finish and are accountable for your missed tasks too. Not trying to scare you, just saying you gotta commit - or not. (BTW - The maximum amount you could owe if you do absolutely nothing is \$50 and you'll pay everything at the end.)

### Determining the "winner":

#### Points

- There are 180 possible points in this challenge (30 days x 6 tasks = 180 points).
- Points are to be entered daily via a form. If nothing is received for you for a date, it will be assumed that the tasks were not completed for that day.

#### Penalties

For each of the six daily tasks that are not completed, a penalty of \$.25 will be assessed. (Don't fret - If you skip a whole day, you'll only owe \$1.50)

Penalties and initial donation of \$5 will be paid via CashApp, Venmo or in person in one lump sum at the end of the challenge. All payments must be made within 5 days of the end of the challenge.

#### The Winner

The winner will be the person who accumulates the most points over the span of the 30 day challenge. There is a possibility of multiple winners if more than one person has the exact number of points at the end of the challenge. All will be declared winners and the prize money will be split evenly and sent to the charities they designate. The donations can be made in the winner's name or on behalf of someone else.

The prize money will be distributed within 10 days of the end of the challenge.

The charity chosen will be published so you'll know who benefitted from your efforts!

## Here are more details on the tasks!

### Wake take an hour for yourself

- Skip the news and tv shows, refrain from checking texts, emails, and voicemails, and keep clear of social media.
- You can still use your phone as an alarm clock, weather reporter, timer, etc.
- You can still use apps for meditation, reading, journaling, fitness recording, etc.
- You can still interact with loved ones in person

**Why this task?** Taking an hour in the morning to prepare yourself can lead to a more focused and productive day. Many of us don't realize how early we're letting the outside world in and how much it can impact our mood, stress levels, and general wellbeing.

**Bonus:** With the extra time you are saving in the morning, you can complete some of the other tasks you've committed to like walk, relax, stretch, or dedicated breathing.

### Drink eight 8 oz cups of water.

- Sipping is better for you than gulping
- Drinking sitting down rather than standing up is easier on the tummy.
- Warm water and room temperature water are best, but you do you.
- You can add unsweetened fruit juice or other natural flavorings to the water (like lemon, lime, orange, etc.), but don't eat the fruit itself after you finish the water 'cause that is cheating on your meals.

**Why this task?** Chronic dehydration can impact our pain levels, thought processes, and moods. It can also impact our weight because the body can mistake thirst for hunger!

**Bonus:** Soup and broth, as well as non-caffeinated and non-carbonated beverages count as "water" so try ginger tea, hibiscus tea, mint tea, etc. for flava.

### Move walk 15 minutes each day

- You can walk inside on a treadmill or outside.
- Alternatively, you can do a video walking workout like: [1 Mile Brisk Walk](#) on YouTube.
- By all means, walk more if you want, 15 minutes is just the minimum.

**Why this task?** Walking, especially in nature, is one of the best things you can do for your mind, body and emotions. Even if you have a fantastic workout plan, a good walk can be added to warm up or cool down.

**Bonus** - If you can stretch it to 20 minutes outside with no distractions, research says you'll lower stress hormones, blood pressure, tension and anger. Research also says that it improves mood, outlook, focus and attention.

### Breathe breath restores your energy

- Can be done any time of the day.
- Can be any length of time.
- If you know yoga pranayama - you can do any technique you wish and vary it as needed.
- This kind of breath work needs to have a component of holding the breath.

May I suggest for those that are unfamiliar with breathing techniques to follow the following while sitting upright in a comfortable position:

1. Breathe in through the nose as you count to four
2. Hold while you count to four.
3. Breathe out through your nose as you count to eight.
4. Pause while you count to four. Begin again.

### Stretch build flexibility in the whole body

- Do as many stretches as you want.
- Do them when you want - morning, as a break during the day, or at night.
- Do whatever sequence you are comfortable with or accustomed to... just do them.

May I suggest that you do yoga salutations if you know them, break out some of the stretches you did in elementary school... or follow along with [this video](#).

### Relax go inward for peace and renewal

- Can be done any time of the day
- Any length of time
- You can sit in a chair or go completely flat - just try not to fall asleep (relaxing and napping are a bit different!)

May I suggest that guided meditation or visualizations are great ways to reset, especially for folks just learning to work this into their day. There are thousands available on the free app [Insight Timer](#).