



Coach Wendy's 2024 Mid-Summer Crazy 8 Fitness Challenge

CHALLENGE 1: STEPPIN' WOLF – 30 Days

- Hit 6,000 to 8,000+ steps/day

CHALLENGE 2: PLANK IT OUT – 10-Days

- Beginners: Hold a plank for 20 seconds, add 5 seconds each day for 10 days
- Advanced: Hold a plank for 30 seconds, add 5 seconds each day for 10 days

CHALLENGE 3: HYDRATE – 10 Days

- Drink 8 glasses of H₂O every day (*TIP: an 8oz glass of water before each meal can assist with weight loss by "filling you up" reducing the chance for overeating*)

CHALLENGE 4: SUGAR-FREE ME – 30 Days

- Eliminate sweets and alcohol (*replace cookies, cakes etc. with a piece of fruit; try diet soda, unsweetened ice tea, or seltzer water w/lemon, for example, instead of alcohol or sugary beverages*)

CHALLENGE 5: PUSH-UP YOUR DREAMS – 21 Days

- Beginners: Do 3 pushups every day the first week; 5 the second week and 7 the third week (*you may use a box/bench, or do pushups on your knees -- keep those hips down!*)
- Advanced: Do 6 pushups every day for the first week; 8 the second week and 10 the third week (*must be done with legs straight out, or on knees only, no bench*)

CHALLENGE 6: "EAT THE RAINBOW" – 30 Days

- Include two helpings of colorful fruit and 2 helpings of colorful vegetables each day (*watch portion sizes; use your palm or ½ cup as an estimate; no white or sweet potatoes*)

CHALLENGE 7: WALK, BIKE, RUN – 30 Days

- Beginners: 1 mile every day the first week; 1 ½ miles every other day (*i.e. Mon., Wed., Frid. or Tues., Thurs., Sat.*) the second week, 2 miles every other day the third, and 2 ½ miles every other day the fourth
- Advanced: 2 miles every day the first week, 3 miles every other day the second, 3 ½ miles every other day the third, and 4 miles every other day the fourth

CHALLENGE 8: ALL FRIED OUT – 30 Days

- Eliminate all fried foods (*replace frying with grilling, boiling, or baking*)