

The Checklist Challenge

1. PHASE ONE - 8 WEEKS

- a. Track 3 full days (INCLUDING ZERO POINT FOODS)
- b. Post tracker screenshots to RWW Consistency Challenge Facebook Group or on WW Connect with the hashtag [#checklistchallenge](#).
- c. No weighing and measuring required in Phase One.

2. PHASE TWO - 8 WEEKS

- a. Track 5 full days (INCLUDING ZERO POINT FOODS)
- b. Weigh and measure 3 full days required.
- c. Post tracker screenshots to RWW Consistency Challenge Facebook Group or on WW Connect with the hashtag [#checklistchallenge](#).

3. PHASE THREE - 8 WEEKS

- a. Track 7 full days (INCLUDING ZERO POINT FOODS)
- b. Weigh and measure 5 full days.
- c. Introduce purposeful exercise 20 min per day, 3 days per week.
 - i. The term purposeful exercise is to exercise with purpose, not to be confused with Non-Exercise Activity Thermogenesis (NEAT). For example, getting on the treadmill for 20 minutes is purposeful exercise. Getting steps in because you're shopping at the mall is Non-Exercise Activity Thermogenesis (NEAT).
- d. Post tracker screenshots to RWW Consistency Challenge Facebook Group or on WW Connect with the hashtag [#checklistchallenge](#).

4. PHASE FOUR - 8 WEEKS

- a. Track 7 full days (INCLUDING ZERO POINT FOODS)
- b. Weigh and measure 6 full days.
- c. Add to your purposeful exercise, (YOUR CHOICE)
 - i. Add time to your workouts or Add days of workouts to your week.
 - ii. The term purposeful exercise is to exercise with purpose, not to be confused with Non-Exercise Activity Thermogenesis (NEAT). For example, getting on the treadmill for 20 minutes is purposeful exercise. Getting steps in because you're shopping at the mall is Non-Exercise Activity Thermogenesis (NEAT).
- d. (OPTIONAL) Post tracker screenshots to RWW Consistency Challenge Facebook Group or on WW Connect with the hashtag [#checklistchallenge](#).

5. PHASE FIVE - 8 WEEKS

- a. Track 7 full days (INCLUDING ZERO POINT FOODS)

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- b. Weigh and measure 6 full days.
 - c. Add to your purposeful exercise, (YOUR CHOICE)
 - i. Add time to your workouts or Add days of workouts to your week.
 - ii. The term purposeful exercise is to exercise with purpose, not to be confused with Non-Exercise Activity Thermogenesis (NEAT). For example, getting on the treadmill for 20 minutes is purposeful exercise. Getting steps in because you're shopping at the mall is Non-Exercise Activity Thermogenesis (NEAT).
 - d. Spend 15 minutes per days reading something about nutrition. (YOUR CHOICE.)
 - e. (OPTIONAL) Post tracker screenshots to RWW Consistency Challenge Facebook Group or on WW Connect with the hashtag [#checklistchallenge](#).
6. PHASE SIX - ONGOING
- a. Wash, Rinse, Repeat...
 - b. Do as you wish to introduce anything new in your life.

To those of you that make it to this point,

I first want to say Congratulations! The last 40 weeks of consistent work stands as undeniable proof that you have what it takes to become the best version of yourself. You have laid a strong unmoving foundation that must ALWAYS be maintained. I am so proud of you and cannot wait to meet the person you're becoming! Take the structure of this challenge and run with it. Keep moving forward! Never stop growing! Never give up! Never relax. Always find new ways to make yourself uncomfortable! All gas, no brakes! There is only the next challenge! The sky is the limit! Build your castles in the sky, just make sure that their foundations always touch the ground. I am honored to be a part of your journey.

I love each and every one of you, God bless you all...

Donato Russo