

## MISSION HOLIDAY CHALLENGE

1. **Write Down Holiday affirmations Before the challenge starts.**
  - a. It's the future, the date is 2/1/2025.
  - b. You have a magic journal that allows you to write to yourself in the past.
  - c. Take this time to tell yourself everything you accomplished in the "Mission Holiday Challenge"
  - d. Sign and Date the entry from the future.
2. **Mission Holiday Challenge**
  - a. **The focus of this mission is on the work, NOT ON THE SCALE!**
  - b. **There will only be 2 weigh-ins during the entire challenge! 11/1/2024 – 1/31/2025**
  - c. **Phase 1: Gobble Hobble 11/1/24 – 11/30/2024**
    - i. **Weigh yourself week of 10/27/2024 – 11/2/2024 (on your weigh-in day)**
    - ii. **NO OTHER WEIGHINS UNTIL WEEK OF 1/31/2025**
    - iii. Stay within points/bites/calories/macros 5 days/week minimum
    - iv. 19 of 21 meals per week tracked & weigh/measured
    - v. Accumulate steps every day for the entire month.
    - vi. Add all steps to calculate the grand total on 12/1/2024.
    - vii. **Enjoy Thanksgiving, you earned it, THANKSGIVING IS ONE DAY!**
  - d. **Phase 2: Merry Miles 12/1/2024 – 12/31/2024**
    - i. Stay within points/bites/calories/macros 5 days/week minimum
    - ii. 19 of 21 meals per week tracked & weigh/measured
    - iii. Accumulate miles every day for the entire month.
    - iv. Add all miles to calculate the grand total on 12/1/2024.
    - v. **Enjoy Christmas Eve/Day & New Year's Eve/Day**
    - vi. **KEEP IT TO THE EVE & DAY ONLY!**
  - e. **Phase 3: Rudiment Resolutions 1/1/2025 – 1/31/2025**
    - i. Stay within points/bites/calories/macros 5 days/week minimum
    - ii. 19 of 21 meals per week tracked & weigh/measured
    - iii. **IT IS TIME TO GET BACK TO BASICS!**
    - iv. **Analyze – What have I not done well or not doing at all since the Christmas and New Year's Holidays?**
    - v. **WHATEVER THE ANSWER IS, THIS TAKES IMMEDIATE PRIORITY TO FIX.**
    - vi. **Weigh yourself week of 1/26/2025 – 2/1/2025 (on your weigh-in day)**