

VYHC CHALLENGER COMMITMENTS

- Full effort in all aspects of challenge.
- Adapt the challenge to you and where you are at – keep it simple and achievable.
- Challenge together! We succeed at a much higher level when we have a friend or group to support us in our health goals. Get your family involved, find an exercise buddy, and connect with other challengers. We all need encouraged and supported to pull this off. Stay connected in person, via text or social media. Share pics, stories, recipes, exercises, and encourage one another.
- Enter your points every day! Getting behind even one can be a big setback. Tracking your points every day will show you how well you are doing in these areas and either motivate you to improve or to keep up the good work.
- Add in as much real, whole food and fruits and vegetables as possible. The goal is not one particular diet (vegan, keto, etc.), but rather to eat as much real, whole food as possible. The goal is improvement from where you are. 5 to 10 servings of fruits and vegetables per day is ideal.
- Attend/watch as many meetings and classes as possible.
- Watch at least one movie and read at least one book on the approved list.