

VIBRANT YOU HEALTH CHALLENGE

PROGRAM GUIDELINES

Challenger Program

- 4-WEEK HEALTH CHALLENGE – Jan 31 to Feb 27
- Email your weekly points totals to Blake at blake@naturespantry.life. Only need your weekly total, bottom right of each sheet.
- Weekly totals due the Monday following completed week. Blake will email out anonymous results each week after totals are tallied.
- The program guide can be done on paper or on your phone or on your computer. For help tracking your points on your phone, ask Blake.

Challenger DISCOUNTS

- Challengers get 10% month-long DISCOUNT at Nature's Pantry YOU HAVE TO SIGN UP FOR LOYALTY ACCOUNT ON OUR WEBSITE here: <https://naturespantry.storebyweb.com/s/1000-1/register>. I will also email everyone a link to register. Once registered, reply to the email and I will apply the discount to your account. If you already have a loyalty account, simply reply to the email to

Small Groups

- Each group will have a couple co-leaders
- Less about competition, and more about accountability, encouragement and camaraderie.
- Best performing groups will get special prizes.
- Group points will be tracked with weighted average.
- Stay connected with in person, email, text, FB, Marco Polo or whatever works for your group.
- Share pics, stories, recipes, exercises, and encourage one another to
- Small groups may also break off into sub groups of two or more for walking partners and closer connection.
- I will send the individuals contact info to the group they belong to.

How to join Facebook Group

- Send friend request to Blake Bars and/or ask to join Vibrant You Health Challenge #4 group.
- Facebook not the basis of the program, but is a nice tool to stay connected and encourage one another.

Cooking Classes and Meal Kits

- We usually do one live stream cooking class per week during the challenge.
- Meal kits will be available for pre-order for select cooking classes (details to come).

CHALLENGER COMMITMENTS

- Full effort in all aspects of challenge but also adapt the challenge to you and where you are at – keep it simple and achievable.
- Participate in the small groups to the best of your ability.
- Follow the program guide so you can actually see results which will motivate you to keep it up.
- Add in as much plant-based whole food as possible. Strict plant-based diet not a requirement. If you're not going to give up animal products completely, that's ok. The goal is not to eliminate all bad things in the world, but rather to add in more good things. The goal is improvement from where you are.
- Attend/watch as many meetings and classes as possible.
- Buy supplements and ingredients for challenge meals from Nature's Pantry – so we can continue to offer this challenge for free.
- Support our local health and fitness professionals who are sponsoring this challenge.
- Submit points on time every week.
- Watch at least one movie and read at least one book on the approved list.