

THE 60 DAY CHALLENGE

The point of this challenge is to build consistency and positive changes in your habits. It is a flexible template that can be modified to your needs because it doesn't require you to follow a certain diet or exercise program.

However, diet and exercise are a part of the challenge, but you have the option to plug in whatever you choose. Below are the guidelines of the challenge.

For the next 60 days you will:

- follow a diet (no cheating)
- follow a workout plan and don't change it
- drink half your bodyweight in ounces of water every day
- do at least 2, five minute movement breaks every day
- write in a journal every day
- take a before and after picture

That is all there is to it. This challenge is simple, yet transformative. Small changes add up to big things over the long term. This challenge is the first step to improving and reaching your personal goals. If you need guidance or have questions, email jared@everythingbutthegym.com or join the free group on Facebook, "The Fitness Hangout"

Stay strong.

