

# 21 Day

## #FATDEMON CHALLENGE

### WEEK 1 - LISTEN TO YOUR LIFE

#### Day 1 - Water when you wake.

Drink a tall glass of water in the morning before you eat or drink anything else. Give your system a fresh start.

#### Day 2 - Wake up a little earlier.

Give yourself a few minutes earlier. Get your heart and your mind right for the day. Don't rush out of bed. Think. Pray. Meditate. Read Scriptures.

#### Day 3 - What's your why?

What's your reason for wanting to be a "healthy you"? Identifying your why will help you make better choices. Your why can give you strength.

#### Day 4 - "We"

Choose someone to connect with throughout this journey. Who can hold you accountable? Who might want to join you on the journey? We weren't made to walk alone.

#### Day 5 - Water for half of your weight.

Drink half your body weight in water. If you weigh 100 pounds then drink 50 ounces.

#### Day 6 - Wind down and rest.

Get more sleep. Wind down earlier. Make the conscious decision let your body rest. Take a nap if your schedule allows.

#### Day 7 - Walk (for at least 15 minutes)

Walk every day. It's only 15 minutes. Go longer if you like.



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### WEEK 2 - LOOK AT YOUR LIFE

#### **Day 8 - Log your meals**

Log your meals. More specifically...Write down EVERYTHING you eat or drink.

#### **Day 9 - Look at your snacks.**

Give yourself a few minutes earlier. Get your heart and your mind right for the day. Don't rush out of bed. Think. Pray. Meditate. Read Scriptures.

#### **Day 10 - Learn to like the green (Choose salad or the veggies)**

Decide in advance on some healthy "go-to" snacks. Don't get caught hungry without a healthy option.

#### **Day 11 - Lug Your water.... only water.**

Yes...More Water. Lose the soda. Sweet tea. And the Koolaid.

#### **Day 12 - List your meals and your movement.**

Plan your meals for the week. Decide in advance how you will work in movement. Today is the day on which your success next week will rise or fall.

#### **Day 13 - Lose the fast and/or fried food.**

Avoid the drive thru. If you have to go for something quick in "fast-food-land"... Pick the salad and go easy on the dressing. Many dressings are worse than the burgers and fries.

#### **Day 14 - Lose the sugar.**

You rule your cravings. Don't let them rule you. If you need a fix, eat some fruit.



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WEEK 3 - LOVE YOUR LIFE

*Day 15 through Day 21 - Practice and Repeat Days 1-14. Stayed focused!*

### **Day 15 - Focus on a scripture that helps you.**

Allow God's Word to encourage you and help you to respect and honor your body and God.

### **Day 16 - Find a motivational quote**

Find a quote on social media that inspires you to make good choices today.

### **Day 17 - Share a song**

What song excites you about choosing to live your best life? Put that song on repeat.

### **Day 18 - Share with ME!**

Finish this sentence... I loved this challenge because...

Send me an email at [chrystal@chrystalevanshurst.com](mailto:chrystal@chrystalevanshurst.com). I need the encouragement too!

### **Day 19 - Think**

Think about your exit/maintenance plan. Maybe poke around on line or in a book store. Decide what you will continue to do as a lifestyle change.

### **Day 20 - Write**

Write down your exit/maintenance plan. What are the boundaries you will set for yourself going forward?

### **Day 21 - Share**

Share your exit/maintenance plan with "your person".

