

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. 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".

