



ATB 30 Day Fun Challenge

Winter Edition

Challenges

Day 1 Challenge:

1. Set a personal goal to achieve by the end of this 30 day challenge e.g. gain/lose 5 pds, set a time or distance goal, clean the basement, organize a closet, etc. **OR**
2. 5 jumping jacks every time you see, hear, say, or type "Happy New Year" in an 8 hr span (while awake). You can do them as you go or all at once at the end. **OR**
3. Take 300,000 steps in 30 days

Thanks to Jaellayna, Monica, and Brett for inspiring #1.

Day 2 Challenge:

1. Run/walk 3K, 5K, or 10K while repeating the alphabet backwards (hope you will share how many times you got through your ZYXs) **OR**
2. 10 x 30 sec or 1 min Squat Jump Taps **OR**
3. Finish reading at least one book by a Canadian author by the end of the challenge

Thanks to Stephanie and Rob for inspiring #3

Day 3 Challenge:

1. 10 Plank Knee Taps or Regular Planks for 30 sec or 1 min **OR**
2. Eat something green at each meal for a day **OR**
3. Run/Walk until you see at least 10 or 20 Christmas trees at the curb for pickup

Thanks to Jan for inspiring #2 and Kathleen for #3

Day 4 Challenge:

1. Climb 250, 500, or 750 stairs one at a time or two at a time **OR**
2. 20 minutes of stretching and/or yoga **OR**
3. Drink 10 glasses of water for 1 day, 2 days or 3 days in a row

Thanks to Bonnie, Sarah, Sabrina, Monica, Haiden, and Kathleen for inspiring #2.

Day 5 Challenge:

1. Use at least 3 Seinfeld references/sayings in a day **OR**
2. Run/Walk until you see at least 10 cars with personalized or logoed licence plates **OR**
3. 3 or 5 sets of 10 Star Jump Burpees

Day 6 Challenge:

1. Boat Pose 10 x 30 sec or 1 min **OR**
2. Run/Walk 4k, 6k, or 8k of hills **OR**
3. Say hello to 5 different people in 5 different languages (not including French or English)

Thanks to Sabrina for inspiring #3.

Day 7 Challenge:

1. Incorporate the word, “Widdershins” in 3 separate conversations in a day **OR**
2. 50, 100, or 150 Split Jacks **OR**
3. Run/Walk a route of 3k or more and then run/walk it the next day and try to beat your time

Thanks to Iris for inspiring #3.

Day 8 Challenge:

1. Run/Walk until you see at least 10 people with a pompom on their hat/toque **OR**
2. Go the entire day without using Google to search (“No Google For You”) **OR**
3. 3 or 5 sets of 10 Frog Crunches

Thanks to Bonnie for inspiring #1.

Day 9 Challenge:

1. Eat 8 different fruits or vegetables in 1, 2, or 3 days in a row **OR**
2. 3 or 5 sets of 10 staggered hands push-ups **OR**
3. Run/walk until you see at least 5 silver, 4 black, 3 red, 2 white, and 1 green vehicle

Thanks to Jennie for inspiring #1 and Katelyn for inspiring #3.

Day 10 Challenge:

1. 3 x 30 sec or 1 min semi-circle mountain climbers **OR**
2. Take 10,000 steps in 1 hour or in 1 day **OR**
3. Complete a Crossword, Sudoku and Jumble in a day. Choose difficulty to match your skill level