

Robin Mungall Fitness Winter Challenge



Instructions: Each week starts on a MONDAY and ends on that SUNDAY. You must email Rob (rob@rmfit.com) with the information requested by 7pm every Monday with the previous week's challenge being met. Information, rules, and prize possibilities for this challenge and information some of the individual challenges can be found on www.rmfit.com in the fitness info section.

MASTER CHALLENGE	S.M.A.R.T. Goals	10pts
Complete a SMART goal related to fitness or wellness that works for you . The "T" part of SMART is done for you as it is the length of the winter wellness challenge. Use your Ultimate Fitness Journal to fill it in or visit www.rmfit.com fitness info section to learn more. Email Rob (rob@rmfit.com) or let your trainer know your SMART GOALS)		
Week 1	The Groceries	10pts
On your next groceries trip shop for 4days worth of meals in which all the foods you choose follow the following rules: 1. They were around 1,000 years ago 2. The ingredients list contains no additives, preservatives, nitrates, added sugars, sodium, or anything other than whole foods. This includes beverages, so no Juices, Aspartame drinks, sodas or alcohol. Email Rob once you have completed this task to get points.		
Week 2	Body Circuits	5pts
Complete the Exercise circuit challenge in under an hour twice this week for 5pts Complete it in under 35minutes and get an extra 5pt bonus You will need a set of stairs or a step approximately knee high. You can download the workout at www.rmfit.com in the fitness info section. Email Rob with the how you did and the time it took you to do it in. Better yet feel free to post your time on the Robin Mungall Fitness Facebook page so others can challenge themselves to strive to get to your time.		
Week 3	Nutrition Tracker	10pts
Keep a Food Journal for all 7 days this week keeping track of what you ate, how much you ate and what times as best you can. (5pts if you only get 4-6days in) BONUS 10pts if you eat only foods from the Healthy Foods List. Let your trainer view your logs to confirm your recordings. Email Rob letting him know how many days you recorded for, and if you ate only foods on the healthy foods list or not.		
Week 4	Colon Health	10pts total
Plank a Total of 12minutes in 7 Days (3pts) Complete a Total of 225 Squats in 7 Days (3pts) Track and consume a minimum of 24grams of Fiber a day for at least 5days (4pts) Email Rob with how you made out this week.		
Week 5	Plan and aid	5pts
Post the Healthy Foods List on someone else's fridge, cabinet or somewhere highly noticeable. Create a 4 day healthy meal plan that fit's your lifestyle. Email Rob or post your 4day meal plan on the RMF Facebook page so others can get some ideas.		
Week 6	Burn it Up	5pts
Burn an estimated 500calories a day through exercise and extra movement for at least 4 days Bonus 5pts if you do it for 6 days. To find your estimates visit the following website http://www.internetfitness.com/calculators/calburncalc.htm Email Rob with what you did to burn up an estimated 500calories and if you like put on the RMF facebook page so others can get some ideas.		
Master Challenge	SMART COMPLETION	10pts
The successful completion of your SMART Goals ends the challenge with a total possible 75points. 60regular points and 15 bonus points. For every 30points earned you get an additional entry into the draw prizes in June. I hope you enjoyed the winter challenge with your RMF Trainers. Good Luck in the SPRING!		