



# YOU vs. YOU

Challenge accepted.

Imagine future you. How's your health? Are you happy? Are you getting enough sleep? Managing stress? Engaging in regular exercise? For the months of February and March, we're challenging ourselves to make small daily goals that will help us with our overall health and wellbeing and become the best possible future versions of ourselves. And, we'll write it down for accountability, because writing something down and sharing it increases your chance of sticking to it. **Commit. Write it down. Do it. Repeat.**

### HOW IT WORKS:

- Each week, choose a daily goal (or 2+) from the list below, or choose your own.
- Stop by the downtown fitness center and write it down. You're committed.
- Complete that goal at least 5 days during the week.
- The next week, stop by the fitness center and indicate whether you were successful or if your week was a learning experience.
- Then, repeat with the same goal, or a new one, the next week.
- Your name is entered to win a prize (TBD) every week you participate.

### WEEKLY COMMITMENT OPTIONS OR CREATE YOUR OWN!

- I will walk 1 mile every day.
- I will eat 1 piece of fruit every day.
- I will disconnect from my phone at 8pm.
- I will take a group class each day.
- I will add 5 lbs to my strength training routine.
- I will avoid soda/sugary beverages or alcohol.
- I will go to bed at 10pm each night.
- I will read a book for 15 min each day.
- I will write in my gratitude journal daily.
- I will smoke 1 less cigarette.
- I will drink half my bodyweight in ounces of water each day.

**START SMALL. START DAILY. CELEBRATE YOUR DAILY/WEEKLY WINS.**



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