



40 Day Spring Challenge

Overview

WHAT IS IT

40 day Spring is a 6-week individual challenge to build healthy habits across the pillars of eat, sleep, move and mindfulness. You compete against yourself to improve your metrics as best you can.

WHEN

30 September - 10 November 2024

WHO

This challenge is designed for members of **Wondering Women** - register for yourself and invite an accountability buddy! **You do not need to be a Clarity member to participate.**

HOW

Register with Tom via email to

tom@clarityfitness.com.au

Usually \$129 per participant

\$116 for Wondering Women

- Attend the measurement and testing sessions on - Monday 30 September 9:00am and Monday 11 November 9:00am (location to be advised).
- Complete your metrics chart and provide results to Tom at the testing at start and end of challenge.
- A weekly 15 min, accountability call is included for ALL participants.
- Comprehensive Wellness Workbook provided to all participants
- Participants with the most overall improved metric percentage in each criteria, will be awarded the winning prize.

METRICS

Waist circumference (cm)

Strength (Push ups)

Cardiovascular fitness (1km run time)

DAILY RECOMMENDATIONS

Each participant commits to following the criteria daily from Monday-Friday during the challenge (yes, Saturdays and Sunday's are days off....if you want!)

- EAT - Only whole foods, include 2 x serves of green vegetables, 7 glasses of water, no alcohol.
- MOVE - 30 minutes of any physical activity.
- SLEEP - at least 7 hours
- MINDFULNESS - 5 minutes. Could be meditation, deep breathing, time being still in nature, journaling, practicing gratitude.

PRIZE

Participants with the most overall improved metric percentage in each criteria, will be awarded the winning prize, their choice of:

- \$150 Essence Day Spa Voucher or,
- 2 x Free PT sessions with Tom or,
- 1 month free Group Fitness Sessions

RULES

1. Individuals to register by 12pm Saturday 28th September.
2. Come along to each measurement and testing session.
3. Be honest.
4. Prize Eligibility - My Health Metrics page must be complete and submitted to Tom by 5pm Wednesday 13 November to be included in the challenge.
5. Winners announced Thursday 14 November.

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