

# THE 28-DAY CHALLENGE

Need something to get you started? Looking for some structure and accountability? Easy! Our team has set you a 28 day challenge including a physical, nutrition and bonus challenge too!

Follow the calendar by ticking off each habit as you achieve it. There will be small progressions each week so we hope you are up for the challenge. Do it alone or share and challenge your family and work colleagues!

These habits may be small and simple to some but they are easily forgotten when it comes to looking after our overall health & wellbeing, so stick with it!

If you need further support or have any questions, feel free to contact one of our Wellness Coaches at [pt@healthoutfit.co.uk](mailto:pt@healthoutfit.co.uk)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
7,000 Steps 5 Portions Fruit & Veg 2L Water  Bonus: Create a morning routine	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>						
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	
8,000 Steps 6 Portions Fruit & Veg 2L Water  Bonus: 10-Minute Stretch	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>						
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	
9,000 Steps 7 Portions Fruit & Veg 2L Water  Bonus: 5-Minute Mindfulness	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>						
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	
10,000 Steps 8 Portions Fruit & Veg 2L Water  Bonus: All bonus challenges!	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>						