

# YES YOU CAN - GET STRONG!

## WEEK 10 - WEC FRIDAY THROUGH MONDAY March 16- 19

You can work this challenge however you see fit. Only 1 of the items has to be done on specific days! Limits are included in the tracking info provided below the challenge details.

- S = Sleep – get 6-9 hours of sleep (start either Thursday nite or Friday nite- your choice)
- T = Tone your upper body, lower body, core, and whole body in some SERIOUS strength training (at least 2 sets of 12 of 5 exercises per zone) = 25pts. per zone and 25pts. for 100 step-ups
- R = Repair your sanity by taking a total of 60 minutes of “me” time (can be broken into smaller units of time) = 25pts.
- O = Organize 4 small areas – organization projects should take LESS THAN 15 min. = 15pts. per project
- N = Nutrition – Eat vegetables = 1pt. per serving
- G = Give – give a Sparks Goodie to your teammates to support them - 5 points each (one per day or all in one day)

<b>S</b>	Sleep – 5 pt per nite	Friday 5	Saturday 5	Sunday 5	Monday 5	___/20
<b>T</b>	Tone	25pts. Upper	25 pts Lower	25 pts Core	25 pts Step-ups	___/100
<b>R</b>	60 minutes of ‘me’ time	ONE	TIME	SCORE	25	___/25
<b>O</b>	Organize 4 areas / 15 minutes or less each	15 Project 1	15 Project 2	15 Project 3	15 Project 4	___/60
<b>N</b>	Eat your veggies! (1pt. per serving)	Friday _____	Saturday _____	Sunday _____	Monday _____	NO LIMIT _____
<b>G</b>	Give a Goodie	5	5	5	5	___/20

OVERALL TOTAL \_\_\_\_\_