

# Step it Up Challenge

Nov 27th - Dec 23rd, 2017



#1 Commit to 5000 step minimum. 5 out of 7 days.

Join my Fitbit Challenge Community <https://www.fitbit.com/group/22X6KV>

#2 No Eating After 8pm Daily

If you have a wonky work schedule, set your own food curfew and don't cheat!!

#3 Get at least 6 hours (8-9 is best) of sleep.

Don't stay up late to watch TV, head to bed earlier and wake up rested.

#4 Make a Meal Plan

"If you fail to plan, you are planning to fail" B. Franklin

#5 Eat 100% on Plan



Always drink 1/2 your body weight in ounces daily.