

5 Day *Exercise* Challenges

Walking

Jumping rope

Tennis

10,000 Steps A Day

Riding a bike

Rollerblading

Strength Training

Cycling

Zumba

HITT Workouts

Hiking

Bikram Yoga

Yoga

Mountain Climbing

Horseback Riding

Boxing

Capoeira

Racket Ball

Working out before
work

Kickboxing

Gymnastics

Ballet

Surfing

Working out during
lunch

Ultimate Frisbee

Hula Hooping

Working out after
work

Tai Chi

Karate

Yogilates

Jiu-Jitsu

Going to the gym

Indoboarding

Self Defense

Trying a new workout
every day

Rowing

Boot Camp

Running

Swimming

Dance Dance
Revolution

Dancing

Wrestling

Larping

Walking the dog

Parkour

Geocaching

5 Day *Lifestyle* Challenges Esamsill.

Hygge

Biking to work

Give up saying negative things

Meditation

Making the bed

Push yourself out of your comfort zone

Learning an instrument

Meal Prepping

Learn a magic trick

Writing everyday for 30 minutes

Only drinking water

Life Drawing

Reading everyday

Take a new picture

Bring your own lunch to work

Memory Exercises

Give someone a compliment

Stop smoking

Cold Showers

Speak to someone new

Learn a new word

No Social Media

Visit a new website

Sitting in the sun for 30 minutes

Write your dreams down every morning

Write a poem

Journal painting

Give up watching TV

Don't purchase anything new

Reading the Bible

Listen to a new song

Going to bed earlier

Learning about different religions

Vlog everyday

No cell phone in bedroom

Only saying "yes"

Repeat a positive affirmation

Brain puzzles

Zero waste

Write letters

Build a fundraiser

Minimalism

Knit something

Playing with your kids

5 Day *Food* Challenges

Meal Prepping

Bring your lunch to work

Eating Paleo

No sugar

Lower carb intake

No caffeine

Eat something you've never tried before

Eating whole grains

Not eating out

Only raw foods

Only eating your favorite foods

Eating a good breakfast

No soft drinks

Eating somewhere new

No gluten

Eat veggies with every meal

Foods from other cultures

Intermittent fasting

Reading nutrition labels

Snacking

Dairy free

Calorie counting

Only eating _____

Juice Cleanse

Cooking at home

80/20 Rule

Tracking your food

Eating Vegan

No processed foods

Food journaling

Take a picture of your food

Eat portion sizes

Eating more slowly

Drink 8 glasses of water

Eat at the kitchen table with the family

Think 'Lifestyle Change' not 'diet'

No drinking

Clean the kitchen after eating/meal prep

No artificial sweeteners

Drink green tea

Take a walk after every meal

5 Day *Productivity* Challenges

Waking up earlier
before work

Paper Organization

Journaling

Entering your to-do list
into your calendar

De-cluttering

Planning

Choose outfit the night
before

Put your alarm clock
out of reach

No snoozing

Only dedicating a
certain time frame to
email

Change alarm to
favorite song

Unsubscribe from
email lists

Turn off push
notifications

Identify your 3 to 6
main priorities

Tidying up work
space everyday

Setting goals

Saying 'No'

Eliminating
distractions

Changing your
environment

Answering emails
within 24 hours

Define your weekly
objectives

Have fewer meetings

Work for 90 minutes
take a 10 minute
break

Delegating

Being punctual

Limit time for certain
tasks

Define an hour out of
your day without a
computer

Start your day with
lemon water

Not multitasking

Reward yourself

Creating a list every
morning

Slowing down

Practicing patience

Create simple
systems

Practice equanimity

Exercise everyday

Visualization

Listening

Take a lunch break

The 5 Minute
Technique