

# 28-DAY PSP CHALLENGE



Join us for our **28-day PSP Challenge!**

Complete a simple exercise routine to boost your mobility, energy, and overall health. Pick a level—Bronze, Silver, or Gold—based on how you feel. No pressure, just small steps toward feeling stronger every day.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1. Hydration</b></p> <p>Drink 2L of water in your day.</p> <p>● ● ●</p>	<p><b>2. Walk/Run</b></p> <p>● 3 Km</p> <p>● 5 Km</p> <p>● 7 Km</p>	<p><b>3. Balance yourself on one foot.</b></p> <p>● 1 Min per side</p> <p>● 2 Min per side</p> <p>● 2 Min per side with eyes closed</p>	<p><b>4. Wellbeing</b></p> <p>Take the time to sit down and read for 25 minutes.</p> <p>● ● ●</p>	<p><b>5. Nutrition</b></p> <p>Make a smoothie with a different fruit and share your recipe with us!</p> <p>● ● ●</p>	<p><b>6. Air Squats</b></p> <p>● x 60</p> <p>● x 100</p> <p>● x 150</p>	<p><b>7. Hold a deep Squat</b></p> <p>● 2 Min</p> <p>● 3 Min</p> <p>● 5 Min</p>
<p><b>8. Mobility</b></p> <p>Do 15 minutes of mobility before bedtime or in the morning.</p> <p>● ● ●</p>	<p><b>9. Nutrition</b></p> <p>If you drink, plan a non-drinking day every week to avoid developing a habit.</p> <p>● ● ●</p>	<p><b>10. Push-ups</b></p> <p>● x 50</p> <p>● x 70</p> <p>● x 100</p>	<p><b>11. Core</b></p> <p>Cumulate a time in the plank position on your elbows.</p> <p>● 90 Sec</p> <p>● 2 Min</p> <p>● 3 Min</p>	<p><b>12. Wellbeing</b></p> <p>Listen to a podcast on your car ride in.</p> <p>● ● ●</p>	<p><b>13. Meal Plan</b></p> <p>Create a meal plan for lunch and dinner for next week.</p> <p>● ● ●</p>	<p><b>14. Walk/Run</b></p> <p>● 4 Km</p> <p>● 6 Km</p> <p>● 8 Km</p>
<p><b>15. Nutrition</b></p> <p>Try a new healthy soup. Visit <a href="http://Unlockfood.ca">Unlockfood.ca</a> and share it with us!</p> <p>● ● ●</p>	<p><b>16. Work Position</b></p> <p>Work standing:</p> <p>● 4 x 5 Min</p> <p>● 4 x 10 Min</p> <p>● 4 x 15 Min</p>	<p><b>17. Breathing</b></p> <p>Breathing technique for 5 minutes:</p> <ul style="list-style-type: none"> <li>● 4 sec Inhale</li> <li>● 4 sec Hold</li> <li>● 8 sec Exhale</li> </ul> <p>● ● ●</p>	<p><b>18. Burpees</b></p> <p>● x 30</p> <p>● x 50</p> <p>● x 80</p>	<p><b>19. Wellbeing</b></p> <p>Write 4 things you are grateful for today.</p> <p>● ● ●</p>	<p><b>20. Wellbeing</b></p> <p>Avoid screen time for 30 minutes before bed.</p> <p>● ● ●</p>	<p><b>21. Nutrition</b></p> <p>Eat at least 4 servings of vegetables in your day.</p> <p>● ● ●</p>
<p><b>22. Wall sit position</b></p> <p>Hold a wall sit position:</p> <p>● 90 Sec</p> <p>● 2 Min</p> <p>● 3 Min</p>	<p><b>23. Fitness</b></p> <p>Participate in a PSP Fitness Class today or this week.</p> <p>● ● ●</p>	<p><b>24. Outside Walk</b></p> <p>Go for a 30 minute walk outside and take in all the nature.</p> <p>● ● ●</p>	<p><b>25. Nutrition</b></p> <p>Avoid sugar 2 hours before bedtime.</p> <p>● ● ●</p>	<p><b>26. Wellbeing</b></p> <p>Make a 10 minute guided meditation.</p> <p>● ● ●</p>	<p><b>27. Social</b></p> <p>Contact a friend/family member you haven't talked to in a long time.</p> <p>● ● ●</p>	<p><b>28. Foam Rolling</b></p> <p>● 10 Min</p> <p>● 15 Min</p> <p>● 20 Min</p>

**Levels:** ● Bronze ● Silver ● Gold