

## Who all are IN for the "Lockdown Healthy Habits Formation Challenge"?

Our body takes **21 days** to form and accept any habit.

*While you stay at home during this lockdown, gift yourself and your family a basket of healthy habits and change your lifestyle.*

Requirements:

- Commitment
- Self-discipline
- Little bit of patience

All of you who are interested can chat on my page about your progress in the Comments. Motivate each other. Share with your friends and relatives.

Note: Those who are following Navratri fast, can also follow the challenge except avoiding certain food items.

### Challenges as below

(starting a day late, so finishing a day later)

**Day 1: 26<sup>th</sup> March** Wake up early approx. 6 am - 7 am (C'mon, don't be a lazy bastard). Wake up according to the nature's biological clock, and once this becomes a habit, you will notice a big difference in your health & overall wellbeing.

Congratulations to all those who already have this habit of waking up early. You achieved first day challenge.

**Day 2: 27<sup>th</sup> March** Follow Day 1 routine + Start your day with Fruit (any seasonal local available fruit) or with soaked Nuts and 5 types of seeds (if available) or just have raw tomato or raw amla. No caffeine on empty stomach.

**Day 3: 28<sup>th</sup> March** Day 1 and Day 2 challenge + Warm water 30 mins before every meal and 30 mins after every main meal. No water with meal. Therefore 6 glasses of warm water in a day. Hydrate your body with lemon water or warm water.

**Day 4: 29<sup>th</sup> March** Day 1 - 3 challenge + Add 20 mins workout in a day. E.g. 20 repetitions of jumping jacks, squats, push ups, pull ups. (or refer to the Yoga video uploaded on 24 march)



**Day 5 – 30<sup>th</sup> March** Day 1 - 4 challenge + Oranges or Lassi / curd as one mid meal of the day. Prepare any evening healthy meal like homemade laddoo. Pre plan your mid meals to avoid food accidents in evening.

**Day 6: 31<sup>st</sup> March** Day 1 - 5 challenge + Sleep early by 10 pm to start your next day early.

**Day 7: 1<sup>st</sup> April** Day 1 - 6 challenge + Avoid gadgets hour before bed and an hour after you wake up. Read a book with children/family before bed instead of watching Corona news. Play an indoor game.

**Day 8: 2<sup>nd</sup> April** Day 1 - 7 challenge + Mind your portion size while eating. (Use compartment plates to control portion)

**Day 9: 3<sup>rd</sup> April** Day 1 – 8 challenge + Breathing exercise or meditation for 5 mins before bed.

**Day 10: 4<sup>th</sup> April** Day 1 - 9 Challenge + 10 mins body movement after every main meal. Try to be active in your home as much as possible.

**Day 11: 5<sup>th</sup> April** Day 1 - 10 Challenge + Eating one meal with family. Help someone in family for mopping, cooking or rinsing utensils.

**Day 12: 6<sup>th</sup> April** Day 1 – 11 Challenge + Eating all meals on time – 9 am breakfast, 1- 2 lunch, 7 - 8 pm dinner + Avoid junk, processed, high salt/sodium food.

**Day 13: 7<sup>th</sup> April** Day 1 - 12 Challenge + Strength training for 20 mins thrice in a week. (If weights not available, use your body weight)

**Day 14: 8<sup>th</sup> April** Day 1 - 13 Challenge + Avoid unhealthy snacks and add makhane, channe, peanuts, sprouts. (easily available at grocery stores)

**Day 15: 9<sup>th</sup> April** Day 1 - 14 challenge + Stay positive. Respond, not react; to avoid stress. (Crossing our finger - Corona going away, our country is safe).

**Day 16: 10<sup>th</sup> April** Day 1 - 15 Challenge + Try intermittent fasting today (i.e. 12-14 hrs of fasting) and see how you feel. If positive, practise this 2-3 days a week. If negative, avoid it.

**Day 17: 11<sup>th</sup> April** Day 1 - 16 Challenge + No refined sugar and extra salt in diet.

**Day 18: 12<sup>th</sup> April** Day 1 - 17 Challenge + Log your food, water and workout

**Day 19: 13<sup>th</sup> April** Day 1 - 18 Challenge + Get ready to sustain these changes. Make a list of your strong and weak points, and rework on them.

**Day 20: 14<sup>th</sup> April** Day 1 to 19 Challenge + Make someone smile

**Day 21: 15<sup>th</sup> April** Day 1 to 20 Challenge + express gratitude for everything you have and log down the positives of following this cycle.



### Feedback time

Send in your feedback at the end of lockdown to [info@dietinsight.in](mailto:info@dietinsight.in) or message on Facebook. Those who will be able to share the detailed log with us (with at least 15 formed habits) will be featured on our Facebook page and will get a surprise gift or voucher.

*Stay home, stay safe. Make these your habits for lifelong.*

*My small effort to make you fit.*

*Hope you all will participate with full enthusiasm.*

*Good Luck. Take care.*

