

The
Holiday Hustle
Challenge





Welcome to the
**HOLIDAY
HUSTLE**
Challenge

You're busy... you have goals... and you don't want anything to stand in your way!

That's why we've created a challenge to help you thrive during the holidays and finish the year **STRONG**.

How are we going to make that happen?

By focusing on the simplest, most results-getting actions you can take — and putting them on **REPEAT!**

Inside, you'll even find a habit tracker to set you up for success during this challenge (and beyond).

Studies show that when you track your habits, you not only reach your goals faster — but you can blow right through them.



At Tighten Up, we help Women and Men over 30 lose body fat and gain muscle to live a more confident, happier and healthier life.

If you're ready to make significant changes in your health and fitness, we're here to help you with a proven plan that has helped many before you

Ready to get started? Great! Let's go!



Committed
TO YOUR SUCCESS

Julie Griffiths

p: 0418 263 786

e: jewelz@tightenup.com.au



HOLIDAY HUSTLE CHALLENGE

How-tos

Your goal: at least 5 days a week during December, you'll:

- ✓ *Work out (or move that body!) for at least 20 minutes*
- ✓ *Eat 80% whole unprocessed foods*
- ✓ *Get 7-8 hours of sleep*
- ✓ *Drink 6-8 glasses of water*
- ✓ *Check off your daily actions on the Holiday Hustle Tracker!*

You'll be setting a REWARD for yourself to keep you motivated and inspired (we'll show you how).

You'll also set a CONSEQUENCE for NOT following through on your commitment to yourself.

It's going to be a GREAT month, so let's dive in and get started!

WHAT WORKOUTS SHOULD I DO?

It's important to do a mix of cardio, strength training, and flexibility to get the best results.

Also important: taking at least one “active recovery” day a week, like going for a walk or doing some light activity. The walk or activity will count as a workout for this challenge.

Recovery days are an important part of the process.

WHAT FOODS SHOULD I EAT?

For this challenge, focus on healthy whole foods (lean proteins, veggies, whole grains, fruits, and healthy fats).

Basically: unprocessed foods that are low in sugar.

Aim for eating these foods 80% of the time. You can open up your food choices for the remaining 20%.

Remember to keep it simple. This is a busy time of year! Enjoy your favourite treats, but don't overdo them.



WHAT ABOUT SLEEP?

Aim for 7-8 hours of quality sleep every night.

When you're asleep, your body repairs your muscles, balances your hormones (including those that regulate your hunger), and boosts your immune system.

Plus, being rested helps you stay focused, energised, and motivated so your body can perform at its best.



STAY HYDRATED

Drink 6-8 glasses of water every day.

There are so many benefits to drinking enough water every day.

It helps with digestion, keeps your skin healthy, can help with nighttime carb cravings, and helps raise your energy level.

REWARDS & CONSEQUENCES

Contract

REWARDS

We recommend setting rewards that complement your goals – i.e., if you are focused on eating a healthy diet, don't "reward" yourself with a binge-fest on cake, chips, and ice cream!

Instead, treat yourself to a new pair of shoes, a cookbook of healthy recipes, a massage, or a fitness tracker.

CONSEQUENCES

Choose something you REALLY don't want to do – like donating to a cause you don't believe in. This one might be even more motivating for you than the reward.

MY REWARD

When I, _____, successfully complete my
Holiday Hustle Challenge goals, I will reward myself with

_____.

MY CONSEQUENCE

If I, _____, do not meet my goals for the
Holiday Hustle Challenge, my consequence will be

_____.

Signature

Date

HOW TO USE YOUR *Holiday Hustle tracker*

We've created a simple tracking system to help you crush your Holiday Hustle Challenge goals.

But first: It doesn't matter what day you start your Holiday Hustle Challenge. Just start! (Preferably today or tomorrow.)

1. Fill out your contract on the previous page.
2. Every day you complete an activity, cross its icon off the tracker.
3. **EVERY WEEK**, aim for crossing off at least:
 - ✓ *5 Dumbbells (for 20 minutes of activity)*
 - ✓ *5 Broccoli (for eating 80% "clean" foods)*
 - ✓ *5 Moons (for getting 7-8 hours of sleep)*
 - ✓ *5 Glasses (for drinking 6-8 glasses of water)*

Then at the end of December, follow through on your commitment with the reward or consequence that you agreed to in your contract.



HOLIDAY HUSTLE TRACKER

Calendar

Put a sticker or a checkmark in each box after you complete your actions for that day!

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| | | | | |   1   |   2   |
|   3   |   4   |   5   |   6   |   7   |   8   |   9   |
|   10   |   11   |   12   |   13   |   14   |   15   |   16   |
|   17   |   18   |   19   |   20   |   21   |   22   |   23   |
|   24   |  25 |   26   |   27   |   28   |   29   |   30   |
|   31   | | | | | | |

READY TO TAKE YOUR →

Next Steps!

At Tighten Up, our mission is to Build a Future of Healthy People.

If you're over 30yrs looking for a better way to fit in exercise so you can have the confidence you need, we want to invite you to experience a simpler, faster and easier approach that's already gotten hundreds of women and men amazing results.

WAYS TO WORK WITH ME:

SMALL GROUP TRAINING

SMGT is tailored to Small Groups of people that want guidance with technique. Max of 6 people

[LEARN MORE HERE](#)

PERSONAL TRAINING

Customised 1on1 Training for in depth guidance and accountability

[LEARN MORE HERE](#)

We'd love to be part of your wellness journey.



**JULIE
GRIFFITHS**

p: 0418 263 786
e: jewelz@tightenup.com.au

NIALL

Goal: Mental Health and Fitness

The class and 1 on 1 training times allow me to fit everything around my work in education.

The results have been remarkable, not just with general fitness but in mental health as well.

