

THE 100 CHALLENGE

Set your own personal target for what you want to achieve during the month, this could be a small micro change or something much bigger. Make sure that you are realistic when setting goals though!

Here are some examples of the 100 challenges that you might want to set yourself, but feel free to be creative and include other exercises as well!

#MoveMore **ONE YOU**
LINCOLNSHIRE



**WALK OR JOG
100KM DURING
THE MONTH**



**CYCLE 100 MILES
DURING THE
MONTH**



**DO 100 SQUATS
PER DAY DURING
THE MONTH**



**DO 100 PRESS UPS
PER DAY DURING
THE MONTH**



**DO 100 SECONDS
OF STRETCHING
EACH DAY**



**DO 100 STAR JUMPS
EVERY WEEK DURING
THE MONTH**



**WALK/RUN UP AND DOWN
YOUR STAIR AT HOME OR
WORK 100 TIMES DURING
THE MONTH**



**DO 100 ABDOMINAL
CURLS PER DAY DURING
THE MONTH**



**WALK/JOE 100
LAPS OF YOUR LOCAL
RECREATION PARK/
HOUSING ESTATE**