

START OVER SEPTEMBER

BINGO

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livewell

7



3 Protein Portions
(1 Day/Week)

12



No Sugary Drinks
(4 Days)

16



100 burpees/half-
burpees

19



15-Minute Stretch

22



Prep 4 Healthy Lunches

25



Batch Cook 2 Meals

29



Livewell Walk

30



Screen-Free Meals
(1 Week)

35



Swap to Healthy
Snacks (2 Days/Week)

38



50 Push-Ups

41



Prep 5 Healthy Snacks

43



Takeaway-Free Week

45



No Second Serving
(1 Week)

48



+1,000 Daily Steps
(1 Week)

50



Prep 3 Healthy Meals

52



5 Fruit & Veg Portions
(2 Days/ Week)

54



Fewer Biscuits with Tea
3 Days/Week

55



Use Smaller Plates
(1 Week)

67



No Alcohol
(3 Days/Week)

70



30 Mins Activity
(3 Days/Week)

73



100 Squats/
Sit-to-Stands

75



2 Colours of Fruit &
Veg (3 Days)

78



No Chocolate
(2 Days/Week)

81



Livewell Class/
Exercise Class

88



Reduce Crisps & Cakes
(3 Days/Week)

92



Home/YouTube
workout

95



4 Oily Fish Meals

97



Chair-based Workout

98



Vegetarian Day
(Each Week)

99



+500ml Water Daily
(1 Week)

CHALLENGE LIST

NUTRITION

- 7- 3 protein portions on 1 day each week
- 12- No sugary drinks on 4 days
- 22- Prepare 4 healthy lunches
- 25- Batch cook 2 main meals
- 30- No screens while eating for 1 week
- 35- Swap to healthy snacks 2 days each week
- 41- Prepare 5 healthy snacks
- 43- No takeaways for 1 week
- 45- No second servings for 1 week
- 50- Prepare 3 healthy main meals
- 52- Have 5 fruit & vegetables portions 2 days each week
- 54- Reduce biscuits with tea/coffee 3 days each week
- 55- Use smaller plates everyday for 1 week
- 67- No alcohol 3 days each week
- 75- Eat 2 different coloured fruit & veg on 3 days
- 78- No chocolate 2 days each week
- 88- Reduce crisps or cakes 3 days each week
- 95- Have 4 oily fish meals
- 98- Have a vegetarian day each week
- 99- Increase water/squash x 500ml for 1 week

PHYSICAL ACTIVITY

- 16- Do 100 burpees/halfies over the course of 1 day
- 19- Do a 15 minute stretching routine
- 29- Attend a Livewell walk/try a different route
- 38- Complete 50 push ups over the course of 1 day
- 48- Increase daily steps by 1000 for 1 week
- 70- 30 minutes of any activity 3 days per week
- 73- Do 100 squats/sit to stands over the course of 1 day
- 81- Attend a Livewell class or try a new exercise class
- 92- Do a home workout/Livewell YouTube workout
- 97- Complete a chair-based workout

NOTES