



HOW TO RUN A SUCCESSFUL 21-DAY ONLINE CHALLENGE

TWO-BRAIN BUSINESS



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Online coaching is all about engagement and accountability. Make no mistake: You're building a relationship even if you never see your client face to face.

Challenges can be used to boost engagement with current members or draw in new clients. Over just three weeks, you'll be able to improve a relationship or build a new one while creating lots of momentum through daily victories.

This guide is divided into three sections. Cut and paste as you see fit to provide the correct level of service to online clients.

In Part 1, you'll find fitness—a host of daily warm-ups and workouts for clients. In each section, we've provided a brief you can send to your clients to build rapport and engagement.

Remember: It's not enough to send a workout. Your clients must know exactly why the workout is going to help him or her accomplish goals. This customization is key with delivery of any online programming, not just workouts.

Part 2 is all about nutrition: simple but very effective challenges you can use to modify behavior and help people establish healthy habits. These are daily add-ons you can send to clients who purchase your second-tier package.

In Part 3, you'll find a list of small things people can do to start improving mental health. In stressful times, moments of mindfulness can help people feel a lot better. These daily add-ons can be sent to clients who select your third-tier package.

Part 1: Workouts

Delivery Notes: Delivering Value

With any levels of service, the value is **entirely** in the 1:1 messaging with the client.

The client must clearly understand how the program will move him or her toward the goals he or she has set. General programming will not maintain its value for long. It's a commodity for the online trainer.

The online training Two-Brain recommends is based on 1:1 contact with the clients on a regular basis. The personal contact is recommended to maintain engagement in the programming and with the gym.

The methodology Two-Brain refers to does not include Zoom videos and one-on-one video training; we acknowledge that some are "testing" some of these other forms of online training right now. We are collecting data as it becomes available on all methods and will share it. If you are using any of these methods, you should consult with your insurance provider to determine if additional insurance is required for coverage.

If your clients are doing workouts at home, you have to have 1:1 conversations with them. Don't just post "today's workout." Actually take the time to email each client and say, "Here's how this will help you."

You can use the same rationale with multiple clients or the same workout with different rationale.

For example, you could send a 4-round workout of 400-m runs and 50 squats to a competitive sprinter and someone who wants to lose 30 lb.

To the sprinter: "I picked this workout to improve your ability to buffer lactic acid when your heart rate exceeds 165 BPM. Think about your final 100 m while you're doing it."

To the weight-loss client: "Today, we're going to alternate periods of localized fatigue with a more aerobic recovery phase. I want you to be able to metabolize fat during the workout. So do the first run at a jog and note your time at the end. Try to keep that jog time within 20 percent of the first one if you can, but your priority is to do the squats unbroken."

More variations are possible.

To the new person: “Our goal today is to keep moving. It's OK to slow down, but try not to stop. I'd like you to record your split times each round and send them to me so we can analyze your performance. We'll pick the next few workouts based on those results.”

To the veteran: “My goal for you today is to see how localized fatigue affects your general performance. Instead of being limited by hitting a high HR, I want to see what happens when lactic acid builds up. So there's a small mental component here, too. To help, please try to do all of the squats unbroken, hit the first run hard, and keep all your other run times within 20 percent of your fastest time.”

This stuff adds value and relevance, and often actually improves performance, too.

Explaining the “Why” of Each Assignment

Use your regular programming but make sure your coaches can explain its value (the “why”) to every client depending on his or her goals.

Here's how to do it:

[Explaining the Why: Part 1](#)

[Explaining the Why: Part 2](#)

Here's Josh Martin explaining his “whiteboard briefs”: [21-Day Challenge Intro](#).

Please note, the workout order can be adjusted if you like, and the whiteboard videos sometimes reflect a different order. Josh might say it's “Day 19” in the Day 3 video. Rest assured, the links are placed correctly for the training plan below. We've also included four extra days in case you want to make substitutions in the 21-day series. But if not, just end at Day 21.

Part 1: Workouts

Day 1

Daily Brief

Part 1 will work on your lower-body strength. Part 2-will be a higher intensity workout that will work your entire body. Finally, Part 3 (optional) will finish you off with some core and arms. Watch all the tutorials to learn about proper form.

Sample whiteboard brief: [Day 1](#)

Warm-Up

Start a clock and for 7 minutes perform the following at a slow pace:

10 air squats ([demo](#))

10 dumbbell deadlifts ([demo](#))

10 walking lunges ([demo](#))

10 seated dumbbell strict presses ([demo](#))

(Use a light weight for the warm-up)

Part 1: Lower Body

Superset the following for 3 sets:

Dumbbell weighted lunges ([demo](#)): 3 sets of 10-12 reps per leg (20-24 reps total)

Mountain climbers ([demo](#)): max reps in 30 seconds.

Rest 1 minute after the mountain climbers.

Note: Perform the dumbbell lunges on the left side, then the right side, and then immediately do the mountain climbers.

Part 2: Cardio Work

Start a 12-minute timer and perform the following, climbing as high as you can in the ladder with reps of 3-6-9-12-15-18, etc.

Dumbbell thrusters ([demo](#))

Reverse crunches ([demo](#))

Note: Perform 3 dumbbell thrusters and 3 reverse crunches, then perform 6 of each, then 9 of each, etc.

Part 3: Accessory and Core

Banded triceps pushdowns ([demo](#)): 2 sets of 20 reps

Banded plank rows ([demo](#)): 4 sets of 10 reps per side

Rest 60 seconds between exercises.

Day 2

Daily Brief

Part 1 will start with some upper-body strength work for your chest, shoulders, upper back and arms. Part 2's cardio work is some intervals—awesome for putting you in an anaerobic state.

What is that? It's when your body is burning fat and building muscle at the same time. Part 3 has some nice core work because abs are awesome!

Sample whiteboard brief: [Day 2](#)

Warm-Up

3-minute bike, row or jog or walk

Then choose a light weight and perform, 3 rounds of:

10 band pull-aparts [\(demo\)](#)

10 dumbbell push presses [\(demo\)](#)

10 dual dumbbell bent-over rows [\(demo\)](#)

10 goblet reverse lunges [\(demo\)](#)

Part 1: Upper Body

Alternate between the following:

One-arm dumbbell bench presses [\(demo\)](#): 15-12-10-8-6 per arm. Rest 60 seconds between sets

One-arm dumbbell bent-over rows [\(demo\)](#): 15-12-10-8-6 per arm. Rest 60 sec. between sets

Note: If you only have access to 1-2 sets of dumbbells, choose a challenging number of reps for 5 sets.

Part 2: Cardio Work

Perform as many reps as possible in 4 minutes of the sequence below. Rest for 2 minutes, then repeat for a total of 3 rounds:

8 burpees [\(demo\)](#)

8 air squats [\(demo\)](#)

8 single-arm dumbbell hang clean and jerks [\(demo\)](#)

Part 3: Accessory and Core

Dead bugs [\(demo\)](#): 3 sets of 15-20 reps

Banded high-to-low rotations [\(demo\)](#): 3 sets of 15-20 reps

Day 3

Daily Brief

Today, we will introduce a routine to work on your flexibility. You are likely experiencing muscle soreness, especially if you were not routinely working out prior to starting this program. These stretches will help increase range of motion in your hamstrings, lower back, hips and shoulders.

Make sure to breathe while holding each pose. Listen to each tutorial closely because you might be unfamiliar with the pose.

Sample whiteboard brief on the value of flexibility and stretching: [Day 3](#)

Stretching Routine

Wall V-stretch [\(demo\)](#) – hold for 2 minutes

Wall candle [\(demo\)](#)- hold for 3 minutes

Rainbow stretch [\(demo\)](#) - hold for 1 minute per side

Lizard pose [\(demo\)](#) - hold for 2 minutes per side

Child's pose [\(demo\)](#) - hold for 2 minutes

Day 4

Daily Brief

Today, we're going to work on strengthening your legs again. Hopefully you did yesterday's stretching routine and are feeling recovered. Part 1 will build some lean muscle in the legs with the goblet squat. Watch the tutorial on that. Part 2 will work on your glutes and back. See the tutorial for proper form. Part 3 is a cardio piece that is going to work your arms, legs and core.

Sample Whiteboard Brief: [Day 4](#)

Warm-Up

Start a clock and for 7 minutes perform the following at a slow pace:

10 air squats [\(demo\)](#)

10 dumbbell deadlifts [\(demo\)](#)

10 walking lunges [\(demo\)](#)

10 seated dumbbell strict presses [\(demo\)](#)

Use a light weight for the warm-up

Part 1: Legs

5 sets of 15-20 reps per set of goblet squats [\(demo\)](#)

Try to work up in weight each set. If you only have 1-2 sets of dumbbells, choose a challenging number of reps for the 5 sets.

Part 2: Glutes and Back

4 sets of 10-12 reps per set of dumbbell Romanian deadlifts [\(demo\)](#)

Use the same weight for all sets. Rest 45 seconds between sets.

Part 3: Cardio

Set an 8-minute timer and perform as many rounds and reps as possible of the following:

6 renegade rows ([demo](#))

6 dumbbell thrusters ([demo](#))

Day 5

Daily Brief

These stretches will help improve flexibility in your hamstrings, lower back, hips and shoulders. Gradually settle into each position and breathe deeply during each hold. As always, there are video tutorials for each stretch.

Stretch Routine

Turnback stretch ([demo](#)) - hold for 1 minute per side

Sumo squat ([demo](#))- hold for 2 minutes

Knight stretch ([demo](#)) - hold for 2 minutes per side

Hamstring stretch ([demo](#))- hold for 3 minutes

Pigeon pose([demo](#)) - hold for 3 minutes

Child's pose ([demo](#)) - hold for 2 minutes

Day 6

Daily Brief

Part 1 will strengthen your upper body, including shoulders, chest upper back and arms. Part 2 is 3 rounds for time—but please keep proper form and watch the tutorials. To finish it off, Part 3 has accessory work with some banded alphabets in it—and they are harder than they look.

Sample whiteboard brief on banded accessory work: [Day 6](#)

Warm-Up

3-minute bike, row or jog or walk

Then choose a light weight and perform 3 rounds of:

10 band pull-aparts ([demo](#))

10 dumbbell push presses ([demo](#))

10 dual dumbbell bent-over rows ([demo](#))

10 goblet reverse lunges ([demo](#))

Part 1: Upper Body

4 rounds of the following, resting 30 seconds between movements:

Dumbbell bench presses ([demo](#)): 10-12 reps per round

Double dumbbell row ([demo](#)): 10-12 reps per round

Dumbbell lateral raises ([demo](#)): 8-10 reps per round

Part 2: Cardio

Start a timer and perform 3 rounds of the following for time:

10 dumbbell power snatches ([demo](#))

10 dumbbell goblet reverse lunges ([demo](#))

10 dumbbell push presses ([demo](#))

Part 3: Accessory and Core

Perform 3 rounds of the following, resting 60 seconds between movements:

1 banded alphabet per side ([demo](#))

10 bird dogs per side ([demo](#))

Day 7

Daily Brief

Cardio and core today. Part 1 is all sprints. Don't skip this one. You want to try to keep all 5 rounds within 5-10% of each other. Afterward, Part 3's accessory and core work will strengthen the glutes, arms and core. Today might seem like less volume, but we want to make sure you are rested for tomorrow!

Sample whiteboard brief on the value of extra core work: [Day 7](#)

Warm-Up

Perform 4 rounds of the following:

10 walking lunges ([demo](#))

1-minute light jog

5 air squats ([demo](#))

5 burpees ([demo](#))

Part 1: Cardio

5 sets of 100-m sprints

Get properly warmed up and sprint 100 m as fast as possible. Rest 2 minutes between each attempt. Try to keep your splits within 5-10 percent of each other. Record your times.

Part 2: Accessory & Core

2 rounds of the following:

15 weighted hip thrusts ([demo](#)) (use dumbbells instead of the barbell used in the video)

12 reps per side of single-arm dumbbell bench presses ([demo](#))

Stir the pots ([demo](#)): 10 rotations clockwise, 10 rotations counter-clockwise, 10 back and forth

Day 8

Daily Brief

Part 1 is a burner for sure! The term “superset” means you move from the goblet reverse lunges right into the air squats. After the 30 seconds of air squats, you will rest 90 seconds. Part 2 is just 1 round for time. The reps are a bit higher, so offset that by using a light to moderate dumbbell. There are some complex movements here, so make sure you watch the tutorials. Part 3 is an optional core piece to finish you off!

Sample whiteboard brief: [Day 8](#)

Warm-Up

5-minute easy run, bike or row

Then perform 10-8-6-4-2 seconds/reps of the following:

Seconds of side plank per side ([demo](#)) (10 seconds right, 10 seconds left)

Alternating walking lunge steps ([demo](#)) (10 left, 10 right total)

Alternating single-arm dumbbell hang clean and jerks ([demo](#)) (10 left, 10 right total)

Note: After your 5-minute run/row/bike you will perform 10 reps of each movement (or plank for 10 seconds), then 8 of each movement, etc. Use a very light weight.

Part 1: Legs

Perform 3 supersets (no rest in between) of the following:

20 goblet reverse lunges ([demo](#)) (10 per leg)

Max reps of air squats ([demo](#)) in 30 seconds

Rest 90 seconds

Note: No rest in between the 2 movements, but rest 90 seconds after each round.

Part 2: Cardio

Perform 1 round as fast as possible for time:

30 weighted sit-ups ([demo](#))

30 single-arm dumbbell clean and jerks ([demo](#))

30 weighted sit-ups

30 dumbbell thrusters ([demo](#))

Part 3: Accessory & Core

2 sets of 20 reps of reverse crunches ([demo](#))

2 sets of 20 reps of weighted side bends ([demo](#))

Day 9

Daily Brief

Today, we will introduce a routine to work on your flexibility. You are likely experiencing muscle soreness, especially if you were not routinely working out prior to starting this program. These stretches will help increase range of motion in your hamstrings, lower back, hips and shoulders. Make sure to breathe while holding each pose. Listen to each tutorial closely because you might be unfamiliar with the pose.

Stretch Routine

Cobra ([demo](#)) – hold for 2 minutes

Knight stretch ([demo](#)) - hold for 3 minutes

Hamstring stretch ([demo](#)) - hold for 1 minute per side

Lizard pose ([demo](#))- hold for 2 minutes per side

Half saddle ([demo](#)) - hold for 2 minutes

Day 10

Daily Brief

Today is a strength day. Parts 1 and 2 have a ton of dumbbell movements that will tone and strengthen your shoulders, back, chest and arms. See the tutorials and focus on proper form. Part 3 is optional, but it's just 2 rounds, so make sure you get in quality reps.

Sample whiteboard brief: [Day 10](#)

Warm-Up

3-minute bike, row or jog or walk

Then choose a light weight and perform 3 rounds of:

10 band pull-aparts ([demo](#))

10 dumbbell push presses ([demo](#))

10 dual dumbbell bent-over rows ([demo](#))

10 goblet reverse lunges ([demo](#))

Part 1: Upper Body

Perform 4 supersets (no rest in between) of the following:

15-20 dumbbell lateral raises ([demo](#))

12-16 dual dumbbell bent-over rows ([demo](#))

Rest 90 seconds

Note: No rest in between the 2 movements, but rest 90 seconds after each round.

Part 2: Shoulders & Arms

Perform as many reps as possible of in 4 minutes of:

Single-arm dumbbell bench presses ([demo](#)) (switch arms every 5 reps)

Part 3: Accessory & Core

2 rounds of the following:

Banded alphabet ([demo](#)): 1 per side

20 seated dumbbell strict presses ([demo](#)) (10 per side)

25 banded good mornings ([demo](#))

Day 11

Daily Brief

By now, your body should be acclimating to training. Hopefully, your soreness levels aren't quite as elevated as in Week 1. Today, we are going to work on some upper-back flexibility before moving onto the hamstrings. If at any time you need to take a break during a pose, do not hesitate to do so. Remember to breathe, relax and settle into each pose.

Stretch Routine

Medium pec stretch ([demo](#)) – hold for 1 minute per side HOLD

Wall candle ([demo](#))- hold for 3 minutes

Scorpions ([demo](#)) - hold for 1 minute per side
Butterfly ([demo](#)) - hold for 2 minutes
V-sit ([demo](#)) - hold for 2 minutes per side
Cross behind the back ([demo](#)) - hold for 1 minute per side

Day 12

Daily Brief

Today, we're going to work on strengthening your legs again. I hope you have time to hit the stretching routines. If you are skipping them due to schedule, you can also double them up on workout days. Part 1 is some more goblet squats. See the tutorial for a refresher. Part 2 will work on your glutes and back. See the tutorial for proper form. Finally, Part 3 has some core and arm work.

Sample Whiteboard Brief: [Day 12](#)

Warm-Up

Start a clock and perform the following at a slow pace for 7 minutes:

10 air squats ([demo](#))
10 dumbbell deadlifts ([demo](#))
10 walking lunges ([demo](#))
10 seated dumbbell strict presses ([demo](#))
Use a light weight for the warm-up

Part 1: Legs

5 sets of 15-20 reps per set of goblet squats ([demo](#))

Note: Try to work up in weight each set. If you only have 1-2 sets of dumbbells, choose a challenging number of reps for the 5 sets.

Part 2: Glutes & Back

3 sets of 10-12 reps per set of dumbbell deadlifts ([demo](#)) (use same weight for all sets)

Part 3: Accessory & Core

Set an 8-minute timer and perform as many rounds and reps as possible of the following:

10 dead bugs + reverse crunches ([demo](#))
14 dumbbell biceps curls ([demo](#)) (7 per arm)

Day 13

Daily Brief

Make sure you get in a good warm up routine. Part 1 will strengthen the shoulders, back and arms. Part 2's cardio work is another high-intensity workout that will put you in an anaerobic state where you are burning fat and building muscle. Finally, Part 3's accessory work will finish off your arms and core for the day.

Sample whiteboard brief: [Day 13](#)

Warm-Up

3-minute bike, row, jog or walk

Then choose a light weight and perform 3 rounds of:

10 band pull-aparts [\(demo\)](#)

10 dumbbell push presses [\(demo\)](#)

10 dual dumbbell bent-over rows [\(demo\)](#)

10 goblet reverse lunges [\(demo\)](#)

Part 1: Shoulders

Start a 3-minute clock and perform as many reps as possible of seated dumbbell presses [\(demo\)](#)

Note: Choose a weight you can use for 15-20 reps unbroken to start. Make sure to rest enough to maintain proper form.

Part 2: Cardio

Start a 12-minute timer and perform as many rounds and reps as possible of the following:

20 mountain climbers [\(demo\)](#) (10 per side)

15 abs with a plate switch [\(demo\)](#)

10 push-ups or knee push-ups [\(demo\)](#)

Part 3: Accessory & Core

2 rounds of the following:

10 dumbbell skull crushers [\(demo\)](#)

10-12 dumbbell biceps curls per arm [\(demo\)](#)

10-15 Russian twists per side [\(demo\)](#)

Rest 60 seconds between rounds

Day 14

Daily Brief

Part 1's cardio work will really strengthen and tone up your entire body, but it's focused on the shoulders, arms and chest. The format here is a bit different and does have a mental aspect to it because the reps increase as the workout goes on. Stay strong! Part 2 has some nice upper-back, core and glute work to finish you off. Have a great workout!

Sample whiteboard brief: [Day 14](#)

Warm-Up

5-minute easy run, bike or row

Then perform 10-8-6-4-2 seconds/reps of the following:

Seconds of side plank per side ([demo](#)) (10 seconds right, 10 seconds left)

Alternating walking lunge steps ([demo](#)) (10 left, 10 right total)

Alternating single-arm dumbbell hang clean and jerks ([demo](#)) (10 left, 10 right total)

Note: After your 5-minute run/row/bike you will perform 10 reps of each movement (or plank for 10 seconds), then 8 of each movement, etc. Use a very light weight.

Part 1: Cardio

Start a timer for 8 minutes and perform the following, attempting to accumulate as many reps as possible:

2 burpees ([demo](#))

2 dumbbell push presses ([demo](#))

4 burpees

4 dumbbell push presses

6 burpees

6 dumbbell push presses

And so on

Note: Continue to add 2 reps to each round as you go. Choose a light to moderate dumbbell.

Part 2: Accessory & Core

2 sets of 25 band pull-aparts ([demo](#))

3 sets of 60-second RKC plank holds ([demo](#))

2 sets of 20 bird dogs ([demo](#))

Day 15

Daily Brief

Today, we're going to start off with the upper-pec stretch and wall hinge to improve your upper-back and shoulder mobility. Then, we will move onto the hamstrings and hips. Today's poses can be difficult. If at any time you need to stop your clock and take a break, do not hesitate to do so. As always, breathe, relax and settle into each pose as you work to increase range of motion.

Stretch Routine

Upper-pec stretch ([demo](#)) – hold for 1 minute per side
Wall hinge ([demo](#))- hold for 2 minutes
Butterfly ([demo](#)) - hold for 2 minutes
Knight stretch ([demo](#))- hold for 2 minutes per side
Forward bend ([demo](#)) - hold for 3 minutes per side
V-sit ([demo](#)) - hold for 3 minutes per side

Day 16

Daily Brief

Part 1 will focus on the legs. The weighted step-ups really work the quads and glutes. You will do 2 sets of 12-15 reps per leg before performing an additional 2 sets at a heavier weight. Part 2's cardio work is a bit longer at 12 minutes. Choose a weight that allows you to perform the thrusters and dumbbell power snatches in no more than 2 sets. Finally, Part 3 is an EMOM-style format. This means every minute on the minute you will rotate around the 3 movements. Enjoy!

Sample whiteboard brief: [Day 16](#)

Warm-Up

Start a clock and for 7 minutes perform the following at a slow pace:

10 air squats ([demo](#))
10 dumbbell deadlifts ([demo](#))
10 walking lunges ([demo](#))
10 seated dumbbell strict presses ([demo](#))
Use a light weight for the warm-up

Part 1: Legs

2 sets of 12-15 per leg of dumbbell weighted step-ups [\(demo\)](#)

2 sets of 8-10 per leg at a heavier weight

Rest 60 seconds between sets

Part 2: Cardio

Start a 12-minute timer and perform as many rounds and reps of the following:

10 dumbbell thrusters [\(demo\)](#)

15 dead bugs [\(demo\)](#)

15 push-ups [\(demo\)](#)

10 dumbbell power snatches [\(demo\)](#)

Part 3: Accessory & Core

Every minute on the minute for 12 minutes:

Minutes 1, 4, 7, 10: 10-12 dumbbell Romanian deadlifts [\(demo\)](#)

Minutes 2, 5, 8, 11: 15-20 banded triceps push-downs [\(demo\)](#)

Minutes 3, 6, 9, 12: 10-12 dumbbell lateral raises [\(demo\)](#)

Day 17

Daily Brief

Today, we are starting off by targeting the upper back. Then, we will move on to the hamstrings. Take breaks during difficult poses as needed. Most importantly, remember to breathe, which will help you settle into each pose. As you start to loosen up during each hold, work to increase your range of motion.

Stretch Routine

Wall triceps stretch [\(demo\)](#) – hold for 1 minute per side

Overhead squat on wall [\(demo\)](#)- hold for 3 minutes

Scorpions [\(demo\)](#) - hold for 1 minute per side

V-sit [\(demo\)](#) - hold for 3 minutes

Hamstring stretch [\(demo\)](#) - hold for 2 minutes

Armless prayer [\(demo\)](#) - hold for 3 minutes

Day 18

Daily Brief

Part 1 is definitely a longer workout. Break up the thrusters and snatches in the beginning into no more than 2 sets. If you are feeling great in the third and fourth round, try to go unbroken. Choose a pace on the run/row that will allow you to recover a little. Part 2 has a new movement: band-resisted Russian kettlebell swings, so see the tutorial. These are awesome for the glutes and low back.

Sample whiteboard brief: [Day 18](#)

Warm-Up

5-minute easy run, bike or row

Then perform 10-8-6-4-2 seconds/reps of the following:

Seconds of side plank per side ([demo](#)) (10 seconds right, 10 seconds left)

Alternating walking lunge steps ([demo](#)) (10 left, 10 right total)

Alternating single-arm dumbbell hang clean and jerks ([demo](#)) (10 left, 10 right total)

Note: After your 5-minute run/row/bike you will perform 10 reps of each movement (or plank for 10 seconds), then 8 of each movement, etc. Use a very light weight.

Part 1: Cardio

4 rounds for time of:

500-meter row or run

18 alternating single-arm dumbbell snatches ([demo](#))

500-meter row or run

12 dumbbell thrusters ([demo](#))

Note: Choose a weight on the thrusters and snatches that allows you to complete each set by putting the dumbbell down no more than twice.

Part 2: Accessory & Core

3 rounds of the following, not for time:

20 banded plank rows ([demo](#)) (10 per side)

15 band-resisted Russian kettlebell swings ([demo](#))

20 reverse crunches ([demo](#))

Rest 60 seconds between rounds

Day 19

Daily Brief

Part 1 is a great workout for you runners out there. Not a runner? You still have to do it! Try to build up the pace with each set. There is some time to recover between them. Part 2 will focus on leg strength, so make sure you are recovered after the runs. If the rep count is too high to perform all within the minute, cut the reps down to allow for about 20 second of rest in the minute. Part 3 is an optional core piece.

Sample whiteboard brief: [Day 19](#)

Warm-Up

Perform the following for 7 minutes:

Minute 1: Begin to walk at an easy pace. Every minute afterward, increase your pace. By the end of the 7 minutes, you should be at a good running pace.

Part 1: Cardio

Set 1: Run for 4 minutes, walk for 4 minutes

Set 2: Run for 2 minutes, walk for 2 minutes

Set 3: Run for 1 minute, walk for 1 minute

Set 4: Sprint as fast as possible for 30 seconds, walk for 30 seconds

Cool-down: Easy 3-minute walk

Part 2: Legs

Start a 12-minute clock:

During the odd minutes, perform 16-20 weighted walking lunges ([demo](#))

During the even minutes, perform 12-15 dumbbell Romanian deadlifts ([demo](#))

Part 3: Accessory and Core

3 sets of 12 single-leg glute bridges per leg ([demo](#))

3 sets of 12-15 dumbbell serratus crunches ([demo](#))

Day 20

Daily Brief

Part 1 is some single-arm work. These movements also work on your stability, which will get your core involved. See the links to the tutorials. Part 2 features a descending rep scheme that

will work the upper and lower body. At the start, you will perform 10 renegade rows, then 10 goblet reverse lunges. Then you will perform 9 of each, then 8 of each, etc. Part 3 will finish off your core and triceps nicely.

Sample whiteboard brief: [Day 20](#)

Warm-Up

3-minute bike, row, jog or walk

Then choose a light weight and perform 3 rounds of:

10 band pull-aparts [\(demo\)](#)

10 dumbbell push presses [\(demo\)](#)

10 dual dumbbell bent-over rows [\(demo\)](#)

10 goblet reverse lunges [\(demo\)](#)

Part 1: Upper Body

3 sets of 12-15 reps per set per side of single-arm dumbbell bent-over rows [\(demo\)](#)

3 sets of 10-12 reps per set per side of single-arm dumbbell bench presses [\(demo\)](#)

Part 2: Cardio

Start a timer and perform 10-9-8-7-6-5-4-3-2-1 rep for time of:

Renegade rows per arm [\(demo\)](#)

Goblet reverse lunges [\(demo\)](#)

Part 3: Accessory & Core

2 banded alphabets per side [\(demo\)](#)

2 sets of 10-12 dumbbell skull crushers [\(demo\)](#)

Day 21

Daily Brief

Today's flexibility session will begin with a few stretches to improve your lower back and hip flexibility. The lizard and half saddle are great for the hips! If at any time the stretches get too intense, do not hesitate to come out of the pose and rest. Focus on your breath and try to settle into each pose.

Stretch Routine

Wall V-stretch [\(demo\)](#) – hold for 2 minutes

Wall candle ([demo](#))- hold for 3 minutes
Scorpion ([demo](#)) - hold for 1 minute per side
Lizard pose ([demo](#))- hold for 2 minutes per side
Half saddle([demo](#)) - hold for 2 minutes per side
Armless prayer ([demo](#)) – hold for 2 minutes

Day 22

Daily Brief

Part 1: Don't let the name intimidate you. "Death by Goblet Squats" is great for your legs. You will begin by performing 3 reps within a 60-second window. Rest the remaining time. In each minute after that, you will add one rep but still try to perform all of them within the 60-second window. This one will catch up with you quickly! Part 2: This is one that will put you into an anaerobic state to burn fat and build muscle all day long—and who doesn't want that? Part 3: We will finish up with some triceps and core work.

Sample whiteboard brief: [Day 22](#)

Warm-Up

Perform 4 rounds of the following:

10 walking lunges ([demo](#))
1-minute light jog
5 air squats ([demo](#))
5 burpees ([demo](#))

Part 1: Legs

Death by Goblet Squats

Start a running clock, and on Minute 1 perform 3 reps. On Minute 2, perform 4 reps. On Minute 3, perform 5 reps. And so on. Continue this pattern until you cannot get all the reps within the minute.

Part 2: Cardio

Perform as many reps as possible in 4 minutes of the following (rest 2 minutes after each 4-minute interval, and repeat for a total of 3 rounds):

8 burpees ([demo](#))
8 air squats ([demo](#))
8 single-arm dumbbell hang clean and jerks ([demo](#))

Part 3: Accessory & Core

3 sets of 15-20 dead bugs [\(demo\)](#)

3 sets of 15-20 reps of banded high to low rotations [\(demo\)](#)

Day 23

Daily Brief

Today's session is short and sweet. With only 5 stretches, this can be a 17-minute routine. Focus on getting the most out of each stretch. Stay present, breathe and settle into each position. This routine will help loosen up the hamstrings, hips and glutes.

Stretch Routine

Wall V-stretch [\(demo\)](#) – hold for 2 minutes

Wall candle [\(demo\)](#)- hold for 3 minutes

Rainbow stretch [\(demo\)](#) - hold for 1 minute per side

Lizard pose [\(demo\)](#) - hold for 2 minutes per side

Child's pose [\(demo\)](#) - hold for 2 minutes

Day 24

Daily Brief

You did this workout on your very first day, so we are re-testing on your last day to see how much you have improved! Don't worry! We are sure you have improved by now, you a lot stronger now. Congrats on finishing the entire series of dumbbell workouts! We are proud of you!

Sample whiteboard brief: [Day 24](#)

Warm-Up

Start a clock and for 7 minutes perform the following at a slow pace:

10 air squats [\(demo\)](#)

10 dumbbell deadlifts [\(demo\)](#)

10 walking lunges [\(demo\)](#)

10 seated dumbbell strict presses [\(demo\)](#)

(Use a light weight for the warm-up)

Part 1: Lower Body

Superset the following for 3 sets:

Dumbbell weighted lunges ([demo](#)): 3 sets of 10-12 reps per leg (20-24 reps total)

Mountain climbers ([demo](#)): max reps in 30 seconds.

Rest 1 minute after the mountain climbers.

Note: Perform the dumbbell lunges on the left side, then the right side, and then immediately do the mountain climbers.

Part 2: Cardio Work

Start a 12-minute timer and perform the following, climbing as high as you can in the ladder with reps of 3-6-9-12-15-18, etc.

Dumbbell thrusters ([demo](#))

Reverse crunches ([demo](#))

Note: Perform 3 dumbbell thrusters and 3 reverse crunches, then perform 6 of each, then 9 of each, etc.

Part 3: Accessory and Core

Banded triceps pushdowns ([demo](#)): 2 sets of 20 reps

Banded plank rows ([demo](#)): 4 sets of 10 reps per side

Rest 60 seconds between exercises.

Day 25

Sample whiteboard brief on the value of consistency: [Day 25](#)

Part 2: Nutrition Accountability

Nutrition is a key component to true health and fitness—not that this is news to you. To best serve your clients, you need to offer **some** type of 1-on-1 nutrition coaching, and it does not have to be complex to be effective.

An online nutrition challenge can generate interest in your nutrition program. After the challenge ends, you can add an ongoing nutrition coaching service that focuses on accountability for your members.

Here is a sample 21-day online nutrition challenge for gym members that can help you kick-start a nutrition program at your gym. Use the resources to create an online nutrition challenge for your clients

In some states or jurisdictions, you cannot offer a nutrition program of any sort without the oversight of a registered dietitian, so please check all local laws to understand their implications for your business. To check your state, [click here](#).

Tools: MyFitnessPal (here's an article on how to use MyFitnessPal as a coach: [Two-Brain Coaching](#)). Text and email. No video other than that used to conduct nutrition meetings.

Nutrition: Weekly Challenges

The content below should be used in private messaging to your clients.

Be sure to post challenges on the first day of each week, and be prepared to drive discussion and engagement in your private Facebook group. Many people will be hesitant to comment or interact at first.

Make the group a destination by regularly posting other interesting articles and videos people can learn from. Be sure to check in and engage at least once a day.

We also recommend you ask the group members to post Bright Spots every Friday so they can congratulate each other and feel good about their accomplishments—no matter how small. When someone posts a Bright Spot, be sure to give him or her a big high five.

Week 1

Core Concept: Start the day with success.

Weekly Tip: Start the day with some vegetables and protein! Many breakfasts are all about refined carbs—think cereal, toast, bagels and so on. That means people often kick off the morning with an unbalanced meal that’s high in added sugar. Try to find some delicious ways to include vegetables and protein—like a veggie omelet, a protein smoothie and so on.

Day 1 Challenge: Download the MyFitnessPal app from myfitnesspal.com. Register yourself and add me as a “friend.” Begin tracking what you eat in the app.

Read [this article](#) for details on using MyFitnessPal, including screen shots.

Day 2 Challenge: Post a picture of a breakfast that includes a source of protein, fat and carbohydrates—veggies, low in sugar. If you aren’t sure what to make, post your current breakfast and we can work on making small changes to improve it.

Day 3 Challenge: Plot all your food in MyFitnessPal today. Can you achieve a breakfast ratio of 40 percent carbs, 30 percent fats and 30 percent protein?

Day 4 Challenge: Now use MyFitnessPal in reverse: Enter all your food for tomorrow. Plan out your meals to reach your targets, starting with breakfast.

Day 5 Challenge: One of the only downsides to tracking your food is that you tend to fall into the trap of eating the same thing every day. Today, change at least 50 percent of your breakfast meal but maintain the same macronutrient ratios (protein, carbs and fat).

Day 6 Challenge: Instead of changing one ingredient, change the way you prepare part of your breakfast. Change from scrambled to poached eggs, or toast your bread instead of eating it uncooked.

Day 7 Challenge: Time yourself while preparing breakfast. When life returns to normal after this challenge, we want to make this core practice sustainable! How efficiently can you prepare a healthy start to the day?

Week 2

Core Concept: Evaluate and adjust mindless eating triggers.

Weekly Tip: Reduce added-sugar intake. Spot the added sugars in your food and make a switch. Aim to include only naturally occurring sugars.

Day 8 Challenge: Do you snack mindfully and with healthy intent or do you have automatic habits we can review and adjust? Share your healthy snack ideas or post questions on snacking. How do you control cravings? How do you plan snacks at any time of the day? Is there anything

you always reach for but might not need—like a few cookies every day at coffee time? What are some alternatives you can choose to reduce added sugar, salt and fat? How do you feel when you choose more nutritious options?

Day 9 Challenge: Plot tomorrow’s snacks in MyFitnessPal. Set yourself up for success: Shift calories and nutrients out of meals and into snacks. Give yourself a way to win!

Day 10 Challenge: Note what time you tend to feel “snacky.” Most people tend to crave sugar when they’re tired. Can you take a nap or drink decaffeinated tea to bridge the gap when your blood sugar dips? Move your snack time to your “tired” times.

Day 11 Challenge: Don’t eat anything within an hour of bedtime. Nighttime snacking is mostly caused by boredom. Have some celery standing by, just in case, but break this habit today.

Day 12 Challenge: Read labels at the grocery store. Buy lower-sugar alternatives where possible. Increase fruits if you’re worried about sugar cravings. Do all your shopping on a full stomach.

Day 13 Challenge: Stop adding sugar to any of your food, including your coffee.

Day 14 Challenge: Stop drinking soda or high-sugar juices. Enter your drinks into MyFitnessPal to see how much sugar they contain. Cut out drinks with high-fructose corn syrup, which fool your metabolism into storing the energy as fat.

Week 3

Core Concept: Failing to prepare is preparing to fail.

Weekly Tip: The Five-Minute Habit: Create a healthy habit that takes less than five minutes to perform, and do it every single day for the remainder of our challenge. Small, simple wins over time lead to big successes!

Examples:

- Get up from your desk every hour for a stretch break.
- Take a multivitamin.
- Drink a glass of water at every meal.
- Park in the corner of the parking lot that’s farthest from the entrance.
- Take the stairs instead of the elevator.
- Include vegetables at every meal, and aim for 1-2 cups.

Day 15 Challenge: Share what you do for meal prep or experiment with meal prep for the first time. Instead of running out for fast food, you'll have a healthy plan!

Remember this simple formula for the healthy plate:

- About half a plate of veggies (smart carbohydrates).
- About a quarter plate of protein.
- About a quarter plate of starchy carbohydrates (rice, quinoa, sweet potatoes).

Eat more of these: Meat and veggies, smart carbohydrates (veggies!), healthy fats.

Eat less of these: Sugar, processed food, starchy carbohydrates (white potatoes, pasta, enriched breads).

Day 16 Challenge: Prepare your main meals for the week. Plot out what you'll have for dinner, and enter those meals into MyFitnessPal. Download a grocery shopping list and take it with you to the grocery store. Add containers to transport your meals to work or school when necessary. Buy the extra storage containers you'll need to keep leftovers fresh. Don't go shopping for groceries when you're hungry!

Day 17 Challenge: Schedule out your day. If you're off work, set a timetable:

- Get up by 7 a.m.
- Meditate for 5 minutes.
- Eat by 8 a.m.
- Exercise at 11 a.m.
- Eat at noon.
- Etc. Build a plan. For a sample, [click here](#).

Day 18 Challenge: Eat three meals per day (including snack time) with your family. Put your devices away. Keep everyone together for at least 10 minutes.

Day 19 Challenge: Include someone else in your food preparation. Teach the person, let him or her teach you, or just help each other.

Day 20 Challenge: Record one recipe that forms a key part of your success plan and share it with the group. Bonus: Record the preparation on video!

Day 21 Challenge: Take 20 minutes to write down your progress, what you'd do differently next time and what your next goals will be.

Wrap-Up

Ask each person to share three things in the group:

1. What was your Number 1 takeaway from the last 21 days?
2. Who from this group inspired you throughout the challenge?
3. Which friends and family members helped you succeed in the challenge?

Number 3 provides a great Affinity Marketing opportunity—get the Two-Brain Business guide to Affinity Marketing [here](#).

With permission, use the answers to these questions in social-media posts including photos and metrics from intake appointments and final consultations.

Part 3: Stress Management and Mental Wellness

Below you'll find all the steps in a 21-day mindfulness and mindset challenge that can help people improve mental health through small acts performed each day.

Read through the list, and we'll go over each one in detail later on.

1. Take a 60-90 second pause for clarity with your morning coffee/breakfast.
2. Take a 60-90 second pause with coffee **and** while brushing your teeth.
3. After your morning Clarity Break, write down one positive thing you have the power to do today to feel proud of yourself/improve your health/make your family happier.
4. Same as 3, but this time write down two things. You're making promises to yourself here.
5. Same as 4, now with three things.
6. Morning Clarity minute → One person you're thankful for → Daily Intentions.
7. Morning Clarity minute → One person you're thankful for **and** one event/opportunity you're thankful for → Daily Intentions.
8. Morning Clarity minute → One person you're thankful for **and** one event/opportunity you're thankful for **and** one small thing you're thankful for → Daily Intentions.
9. Evening Clarity minute: List three positive things that happened today.
10. Evening Clarity minute: List three positive things that happened today + one thing to let go off/forgive for.
11. Daily routine plus check in on one person (everything after this includes the daily routine).
12. Do something nice for one person.
13. Ask a stranger how they're doing.
14. Clean one item away.
15. Clean one room (or even one closet).

16. Rearrange the apps on your phone.
17. Set timers on your Twitter/Facebook/Instagram accounts.
18. Spend one hour in nature.
19. Write a letter to your present self.
20. Write a letter to your younger self.
21. Share your story of the 21 days to someone else.

Improving your mental health, much like your body composition and lung capacity, takes time. The good news: In just a few minutes a day, you can remarkably improve your mood, optimism and clarity of thought.

There are foundational tasks we'll build on over the first half of the challenge, and then we'll start applying our new positive mindset with daily tasks that have proven mental-health benefits.

Gym owners, you'll just need to send out the daily task and the explanation directly to your clients.

Day 1: Take a Minute

Task: Set a timer for 60-120 seconds on your phone. Press go and now sit there! If you'd like you can:

- A. Focus on your breaths.
- B. Perform a little body scan from head to toe.
- C. Sit back and observe your thoughts.

We've found this habit works best when you pair it with a habit you already do. So we'd suggest you do this with your morning cup of coffee.

Once it's over, give yourself a pat on the back for giving your brain a break and your mind the much-needed space it deserves to build clarity.

Why This Works: All day long we're bombarded by inputs. Taking a minute allows our brain time to sort all the info. If you've ever had a breakthrough in the shower to a problem you've been spending mental energy on, this is it in a more deliberate way to "create space."

Over time, our awareness of our thoughts, body sensations, emotions and needs improves, and the more we practice the Clarity Break, the more aware we'll be throughout the day.

We'll start every day in the challenge with a 60-120 second Clarity Break.

Day 2: Take Another Minute

Task: In addition to the morning minute, we'll now take one minute at the end of the day. We suggest right after you brush your teeth!

Why: We picked 60-120 seconds because it gives us no opportunity for "I'm too busy" excuses.

More isn't better either. A minute or so is enough to get most of the benefits of slowing you down so your mind can function at its best. Any more and you'll naturally start thinking, planning, remembering, etc.

So all you've got to do is pause for a minute, and, after, pat yourself on the back for doing something positive for your mental health.

Day 3: Compassionate Intentions (1)

Task: After your morning minute, write down one thing you can do today that you will feel proud of or will make your life better.

Why: When we're young, we rely on others to fulfil our needs. Unfortunately, we sometimes carry this into adulthood! We can at a subconscious level expect others to make our days happy.

So why are we starting with one thing? We want to build up a chain of victories. So by starting with the "minimum effective dose," we can fine-tune what important actions we need to take to move the needle forward in our life.

Oh, and don't worry if you don't even get that task done today. The benefit is in largely setting the intention for the day.

Day 4: Compassionate Intentions (2)

Task: After your morning minute, write down two things you can do today.

Why: When we start to set intentions, we need to go through a calibration process. Some days we'll set our bar too low, and other days we've overestimate our capacity. And then there will be some days when we won't even know what to write. On these days, it's even more important to think of something—anything—as we're reinforcing that our lives are under our control rather than at the whims of fate.

Day 5: Compassionate Intentions (3)

Task: After your morning minute, write down three things you can do today.

Why: Every day we write intentions, and we want them to be just outside our comfort zones. Like sweating is good for your fitness, or turning down that eighth cupcake is good for your waistline, a little mental discomfort at stretching your abilities is good for your mindset and mental health.

After we write down our daily intentions, we get to practice reassuring and encouraging ourselves as we step outside our comfort zone and go to work on them.

Day 6: Gratitude (1)

Task: After your morning minute but before your compassionate intentions write down one person you're thankful for.

Why: Gratitude brings us out of "survival mode" and into a greater sense of optimism because it expands our field of awareness.

Gratitude works best in the form "I'm grateful for X because Y" For example, "I'm grateful for Chris Cooper for giving me this opportunity to share mindfulness."

Day 7: Gratitude (2)

Task: In addition to being thankful for one person, today we'll add in being thankful for an event/opportunity, too.

Why: When we think of something good in the past or something we're looking forward to in the future, it improves our mood in the present. The hidden benefit of this is it sharpens our focus on what's important (generally experiences and collective activities over things and solo adventures). This will improve what your daily intentions are as it brings them more into line with what you value.

Day 8 - Gratitude (3)

Task: Express gratitude for one person, one event/opportunity and one little thing.

Why: It's very easy to overlook what we do have and the simple pleasures in life. Focusing on appreciating one little thing a day (like your favorite coffee mug, a warm bed, a roof over your head, that picture of your family vacation) grounds us in how much abundance we actually have. And if you're lucky enough to be reading this and doing this challenge, here's a little reminder than you are living in abundance.

Day 9 - Reflecting on the Daily Positives

Task: After your evening minute (you're still doing that, aren't you?), write down three positives from the day.

Why: We often run from one day into another, and never stop to reflect on what went well. From the little things like the friendly barista or the great Netflix episode all the way up to the big things like purchasing a house, people tend to not take any time to savor them.

It's OK if you struggle here at first or if on some days it's hard to find the wins. Once again, it's especially important on the crummy days to find some victories. This increases your motivation and builds your resilience.

Day 10: Let It Go

Task: No, you don't need to sing from "Frozen"! Just find one thing you can forgive or let go of.

Why: Resentment and regret are massive drags on our mental energy. By practicing letting go of mistakes we've made or anybody who's wronged us, we're lightening the load on our brains, freeing it up to improve our mood and make our lives better.

You can pick something from the day or something from the past. You absolutely don't need to start with the biggest, baddest thing that's ever happened to you. As an example, you could forgive yourself for swearing in traffic today or forgetting to get back to a text as quickly as you would like. Over time, as you improve, you'll find yourself able to forgive and let go of bigger things.

Day 11: Check in on One Person

Task: Send a message to someone to say you're thinking of him or her. Ask if the person needs anything. It's even better if you can do this over the phone or in person.

Why: When we feel safe, secure and as if our needs are met, we naturally look around see who else's needs we can help with. We can co-opt this by reversing it. When we check in on someone, our brains will assume we're safe and secure and release all those awesome feel-good chemicals!

Day 12: Do a Nice Thing for Someone

Task: Expanding on yesterday's check-in, now we're going to take action and do something nice for someone.

Why: Actions are more powerful than words, and an altruistic action will definitely help boost those endorphins. A simple example can be to take out the trash without being asked.

Don't underestimate the power of praise or a kind word to someone. If a person has repeatedly come to mind during your daily gratitude practice, why not express how much you appreciate him or her? You might feel a little vulnerable doing this, and that's OK. Acting despite vulnerability builds courage and character.

Day 13: Recognizing Common Humanity

Task: Ask a stranger how his or her day is going?

Why: Too often in life, we're super busy and rushing from one job to the next. We forget that the barista, check-out person or cashier at the gas station is a human whose life is rich with dreams, hopes, troubles and worries.

When we take a couple of seconds to acknowledge the humanity of another, we improve our sense of connection with the world. This is the antidote to disconnection, which is linked to depression/anxiety.

Day 14: Clean One Item Away

Task: Seems too easy right? Clear one item away. Bonus points if you've been putting it off for months.

Why: Our physical world has an impact on our mindset/mental well-being, and cleaning our environment actually declutters our mind as well. Why one thing? It's part of building a habit of success (and most people don't just stop with one).

Day 15: Clean One Room

Task: We eased you in yesterday. Today, we're going to put time into cleaning one room.

Why: Improving your environment is the best way to teach your mind how much control you have over your world and how much power you have. If you don't have the time for an entire room, or if it's too daunting, how about one table or one drawer?

The aim is we're bringing the order we've begun to build in our mind out into our world in the most accessible way.

Day 16: Rearrange Your Apps

Task: Spend a few minutes rearranging the apps on your phone and deleting apps you don't use or that don't serve you.

Why: We all spend a lot of time on our phones. By rearranging the apps, we create more awareness each time we use it. If you move social apps back a few screens, it gives you time to determine if opening is a good use of your time right now. Instead of scrolling, why not take another minute to improve your mindfulness? Or you could put your shoes away where they're supposed to be!

Day 17: Set Timers on Social Media

Task: Set a time limit on your social-media apps.

Why: Social media apps are designed to keep your attention as long as possible. Unfortunately, "bad" or threatening news holds our attention longer. You can find your social media usage in iPhones by going to Settings > Battery. Whatever your usage is, reduce that by 10 percent.

Now, when we use social media, we can do so deliberately. Find a minimum of three posts where you can be happy for the poster. As you hit that "like" button, bask in the positive vibes you're sending. Once you've found your three people to celebrate, close the app for now and go back to your productive day.

Day 18: Spend Time in Nature

Task: Take a walk in nature, ideally for an hour if you can.

Why: When we spend time in nature, it helps us put our problems in perspective. If our daily minute is akin to brushing our teeth, a walk in nature is a professional clean from the dentist (without any painful bleeding of course).

To get the full benefit, leave your phone at home so the sounds of nature can improve your mood.

Day 19: Write a Letter to Your Present Self

Task: Handwrite a letter to your present self from your future self. What advice would you give? What reassurances would you give?

Why: This is a powerful exercise that builds your confidence and ability to self-soothe. When we write (pen is preferred, but you can type), we clarify our thoughts. We get to crystallize our concerns, which paradoxically lowers the power they have over us. We get to set our long-term intentions and improve our actions because we've been comforted and guided.

Day 20: Write a Letter to Your Past Self

Task: Handwrite a letter to your past self. What does your past self need to hear?

Why: Just as the letter from your future self is a potent form of clarifying your compassionate intentions, the letter to your past self is supercharged forgiveness.

Take your time with this exercise. If emotions stir up, that's completely normal and to be expected. Be kind to yourself (and your past self) as you go through this exercise. If you need to stop, that's OK and understandable. You've been practicing forgiveness, and now you get to put it in practice in the most impactful way: on your childhood self. You've got this!

Day 21: Share Your Story of Mindfulness

Task: Tell someone about your journey over the last three weeks.

Why: Sharing your story allows you to reflect and reinforce what you've learned. It's important to share the vulnerabilities—what you struggled with, and how you overcame obstacles or what you still struggle with.

We practiced vulnerability on Day 12 when we expressed gratitude toward someone we care about. Courage is how we grow mentally and emotionally. We cannot be courageous without being vulnerable. Sharing our story is the best way to lean into our vulnerability because we can regulate how much we're willing and able to be vulnerable at a given time. While we can't completely control how much vulnerability we expose ourselves to, this is the best way to start.

Congratulations! In just three short weeks you've applied the foundational principles of proactive mental health and started a ripple of positivity in your world.

You have no idea how powerful you are. Hopefully by embarking on this challenge you've realized how much you can improve yourself in just three weeks.

Imagine how much you can achieve if you continue to be brave and push yourself outside your comfort zone for the rest of the year and beyond!