

The Spring C.L.E.A.N

Give your body AND your life, a proper 'tidy up'

Welcome!

The purpose of this challenge is simple.

To focus in on your eating and exercise - AND reduce some of the stress in your life by getting rid of a few things that are gnawing away at you.

Aka a Spring CLEAN.

The goal of this challenge is also simple.

To try and achieve 5 points every day, for 14 days.
Each point represents a daily task - based on the acronym C.L.E.A.N

- C = Calories (eating the right things in the right qty)
- L = Drink 2 litres of water a day
- E = 45 minutes of physical activity per day
- A = Accountability (posting in the FB group)
- N = Nags = spend 10mins nailing an annoying 'nag'

This is about fun, engagement, and focus.

Don't overthink it with questions like "can I eat that" and "does tea count towards my water?" - you just need to do your best and use the challenge as a way of focussing.

More details

Make sure you're in our members-only FB group by clicking [HERE](#)

Every morning at 6am, there'll be a post in the FB group, with "Day 1" or "Day 7" (etc) on.

You need to comment on THAT day's post, with how you get on that day in terms of points.

eg.

"managed C.E.A.N.....but not L....forgot my water bottle".....

Add a photo or details of what nag you did too, if you like!

Nutrition

The daily 45 minutes of exercise is simple to understand.

The daily litres of water is simple to understand.

The daily accountability (post on FB) is simple to understand.

And the daily nag is simple to understand.

The nutrition is where most questions crop up. You have TWO options with this.

Option 1, is to use food lists (like we do with our 6 week program) to help you decide what to eat. We've taken the food list pages from the 6 week program manual and put them [HERE](#) for you.

Option 2 is for if you prefer to actually, track your calories, you can do so using the MyFitnessPal app.

How to record your score.

The easiest way is to use the spreadsheet we've set up. **It can be found in the Facebook group in the files section.**

You simple enter a '1' or a '0' in each day, for each week, and it adds up your total running score on the main page.

If you prefer to use pen and paper, and add things up manually, you can do so by printing them out instead, and just manually enter your daily and weekly scores :-)

Have fun and enjoy!

Team Innovate

#BeMore

Below are examples of what the spreadsheet scorecard looks like

Overview

RULE OF THE GAME - THE SPRING C.L.E.A.N. SCORING SYSTEM

You will earn a point every day when you complete each of 5 categories of the Spring C.L.E.A.N listed below.

IMPORTANT: When entering the number on this spreadsheet, type in ' 1 ' - and the sheet will add up your daily and running totals

| SUB-CATEGORY | DESCRIPTION |
|----------------|--|
| CALORIES | For level 2 nutrition client's you score a point if you're on or under your personal calorie target on MyFitnessPal for the day. If you're not following level 2, you get a point if you hit the 'Core-4 nutrition criteria (protein and veg with 3 meals, in correct portion sizes) |
| LIQUID | Drank a minimum of 2 litres of water a day. Juice, tea, anything else that isn't just water, doesn't count towards the total |
| EXERCISE | 45 minutes of physical activity a day. Can be in smaller increments if needs be. Walking to the shop counts. Walking upstairs to go for a wee, doesn't. Use common sense. |
| ACCOUNTABILITY | Posted in the FB group AND logged your daily score on this tracker. |
| NAGS | Spent a maximum of 10 mins on clearing a small 'nag' that's been on your mind for a while. |

NAGS' examples

a room or cupboard that needs sorting and has been doing your head in every time you see it

a shelf that's messy / unorganised

some paperwork you need to do but have been avoiding (if it'd take longer than 10 mins, just do 10 mins then stop, and do the rest)

Someone you know you should probably get in touch with but haven't for whatever reason

Some old clothes that need throwing out / taking to charity

Review cost of a supplier (energy, phone, internet, tv etc)

A book or course you're halfway through (and have been for months)

Investigating something 'fun' that's been at the back of your mind for a while

Look around your house, workspace, check your to-do list, ask your partner or kids !

