WEEK 3 : Fruits & Veggies / Exercise & De-Stress [(video)](https://youtu.be/3C5m8mx54Ek)

**WEEKLY CHALLENGE**: Increase Fruit & Veggies!

* Eat 3-5 servings of Fruits & Veggies throughout the day.
* Ideally this will be 2 servings of Fruit (earlier in the day) and 3 servings of Veggies
* Supplementing with a quality “Greens” drink is awesome, but will not count for the purposes of this week. We want to actually EAT our veggies as well this week.
* You should feel more full from the increased protein and Veggies, and not need all those processed carbs!

**BONUS CHALLENGE**: Exercise 30+ mins EVERY DAY / De-Stress Daily

* Track what you do daily. Ideally this is above and beyond your normal routine, but we will accept anything that is 30 minutes of continuous movement.
* ALSO track how you make a focused effort to DE-STRESS each day. This could be as little as 5 minutes. It could be as simple as meditation or prayer. Some Breath work (look up BOX Breathing). Reading is acceptable if it calms you down. Stretching/mobility work is great. Or simply laying back with your eyes closed and taking a quick nap.
* (each check mark here is worth half a point - to get the check mark you must do both the exercise AND the De-Stress work each day).

DAILY CHECKLIST (Sunday is a day “off” of the challenge but we still recommend you stick to the plan to get the best results on your follow up scan!)

|  | MON | TUES | WED | THURS | FRI | SAT | TOTAL |
| --- | --- | --- | --- | --- | --- | --- | --- |
| DAILY  3-5 Servings  (1pt / ✔) |  |  |  |  |  |  | /6 |
| BONUS  Exercise / De-stress  (.5 pt / ✔) | \_\_\_\_\_  \_\_\_\_\_ | \_\_\_\_\_  \_\_\_\_\_ | \_\_\_\_\_  \_\_\_\_\_ | \_\_\_\_\_  \_\_\_\_\_ | \_\_\_\_\_  \_\_\_\_\_ | \_\_\_\_\_  \_\_\_\_\_ | /3 |
| AB  (3 ✔ = 3 pts)  (5 ✔ = 4 pts) |  |  |  |  |  |  | /4 |
| Mobility  (2 ✔ = 1 pts)  (4 ✔ = 2 pts) |  |  |  |  |  |  | /2 |
| TOTAL  WEEKLY  SCORE |  |  |  |  |  |  | /15 |

**SUPPLEMENT RECOMMENDATIONS (click the links)**

* [GREENS](https://bioedgesciences.ca/products/greens-complex?ref=iPfeQY4barVNGc&variant=40742344392858)
* [PROTEIN](https://bioedgesciences.ca/products/whey-protein-isolate?ref=iPfeQY4barVNGc&variant=40742344622234)
* [HYDRATION AMINOS](https://bioedgesciences.ca/products/hydration-aminos?ref=iPfeQY4barVNGc&variant=40742345998490)
* [ESPRESSO PROTEIN](https://bioedgesciences.ca/products/protein-espresso?ref=iPfeQY4barVNGc&variant=45153346846874)
* Use the code "hybrid" at checkout to save 10%

**FOR MORE RECIPE IDEAS:**

Visit <https://hybridathleticsabbotsford.ca/home/> , scroll to the bottom of the page and Download 10 Meal Prep Ideas!

**NEED MORE AT HOME WORKOUTS?**

Click [THIS LINK](https://docs.google.com/document/d/1uZL_8PkYshaaSgawJXg4id5SDIkiZZHC3LwrCfKgXu0/edit?usp=sharing) and get a few simple workouts to follow at home this week.