

RaceDay Training 90-Day Challenge

You can decide right now how seriously you will take this challenge. If you make a commitment to do it completely you will see amazing changes in your life. If you decide to “half-commit” and only do the things you *feel* like, your results will be minimal at best.

When you sign your name on the line below you are committing to yourself (the most important person you can commit to) that you will complete this 90-Day Challenge. If you sign then you’d better complete it—*never cheat yourself*. If you don’t feel strong enough to do it on your own commit with a spouse, friend or relative to do this together. When you sign below you will also be committing to each other that you will complete it. 90-Days from now you are going to wish you had completed it—so start now and do it. Complete = your very best effort.

WHAT YOU NEED:

- **Journal:** Get a journal or spiral notebook that will be your RaceDay 90-Day Challenge notebook. We will write in it every Sunday and journal once a week about how you feel. We may also use it for certain challenges.
- **Eating Evaluation/Guideline:** This is available to RaceDay members and is something you receive when you sign up. It is an explanation of how to eat as well as a weekly evaluation sheet so you can see how you are doing. It is not required to do the challenge, just recommended.
- **RaceDay Workouts:** Also only available to RaceDay members are the daily workouts posted on the site. Again, it is not required for you to do the RaceDay workouts just recommended because of their effectiveness and variation.
- **Print:** Print out this challenge and keep it accessible to you.

RULES OF THE CHALLENGE:

- **Passes:** You get two workout “passes” each 30 days. I would suggest saving them in case you get sick or have an unexpected event come up. But unlike cell phone minutes, they don’t roll over to the next month. Write PASS in the box of the workout days you skip.
- **Challenges:** These will be posted on the RaceDay site and are accessible to anyone. Every 5th day there is a challenge to complete—some physical, some nutritional, some psychological.
- **Wildcards:** Every Thursday there will be a wildcard. There will be three wildcard links to choose from. Pick one and click. That’s your wildcard for the day. Don’t cheat and look at all of them, do the one you click first. :) Wildcards will only be available to RaceDay members through the blog.

I, _____, hereby commit to complete the RaceDay 90-Day Challenge.
Come on, you can do it! You’ll enjoy it more than you think.

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The 90-Day Challenge works best when started on a Monday. Also, all eating challenges should be incorporated with RaceDay's eating philosophy of only eating when you feel hungry and stopping when you feel satisfied—before you feel full. (To receive a free eating evaluation and guideline join RaceDay Training today!)

WEEK 1: Replace your mid-morning snack with a banana or an apple. (Even if you like other fruit more, this is the focus this week.)

We will spend this week learning to choose healthy fruits mid-morning when we *feel* hungry. Learning to incorporate fruits daily is essential to a healthy lifestyle.

Day 1: Do Baseline workout. (Available to RaceDay members).
If you have already done the Baseline workout do RaceDay workout OR 45+ minutes of exercise.

*CHALLENGE: visit www.RaceDayTraining.com & click 90-Day Challenge

Day 2: Do RaceDay workout OR 45+ minutes of exercise.

*Blog Post: visit www.RaceDayTraining.blogspot.com -- Frame of Mind

Day 3: Do RaceDay workout OR 45+ minutes of exercise.

Journal how you felt today after your workout.

Day 4: Do RaceDay workout OR 45+ minutes of exercise.

*WILDCARD: log in to www.RaceDayTraining.com & click Daily Blog posts

Day 5: Do RaceDay workout OR 45+ minutes of exercise.

*CHALLENGE: visit www.RaceDayTraining.com & click 90-Day Challenge

Day 6: Do RaceDay workout OR 45+ minutes of exercise.

Day 7: REST

Write 5 things you want to accomplish physically that you can't right now.

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WEEK 2: Replace your afternoon snack with 10 baby carrots (or 2 full sized carrots) or 2 ribs of celery. (Again, doesn't matter if you like them or not).

We will spend this week learning to choose healthy vegetables mid-afternoon when we *feel* hungry. Learning to incorporate vegetables daily is essential to a healthy lifestyle.

Day 8: Do RaceDay workout OR 45+ minutes of exercise.

*Blog Post: visit www.RaceDayTraining.blogspot.com -- How to Eat

Day 9: Do RaceDay workout OR 45+ minutes of exercise.

*Blog Post: visit www.RaceDayTraining.blogspot.com -- Quitting

Day 10: Do RaceDay workout OR 45+ minutes of exercise.

*CHALLENGE: visit www.RaceDayTraining.com & click 90-Day Challenge

Day 11: Do RaceDay workout OR 45+ minutes of exercise.

*WILDCARD: log in to www.RaceDayTraining.com & click Daily Blog posts

Day 12: Do RaceDay workout OR 45+ minutes of exercise.

Journal how you felt today after your workout.

Day 13: Do RaceDay workout OR 45+ minutes of exercise.

Day 14: REST

Tell 5 people that you are doing the 90-Day Challenge and what race you are going to do. If you have a blog, announce it on your blog. If you do Facebook, make it your status. Let people know you are making changes! Don't let fear stop you. Do it!

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WEEK 3: No Eating After 7 pm

As the day winds down your metabolism starts to slow. The last thing we want to do is pack our body full of calories when our metabolism is going to have a hard time burning them. Learn to cut off your eating well before bedtime. This will make a big difference for you if you are a late night "snacker". Stick to this religiously this week.

Day 15: Do RaceDay workout OR 45+ minutes of exercise.

*CHALLENGE: visit www.RaceDayTraining.com & click 90-Day Challenge

Day 16: Do RaceDay workout OR 45+ minutes of exercise.

*Blog Post: visit www.RaceDayTraining.blogspot.com -- Get Hungry

Day 17: Do RaceDay workout OR 45+ minutes of exercise.

Day 18: Do RaceDay workout OR 45+ minutes of exercise.

*WILDCARD: log in to www.RaceDayTraining.com & click Daily Blog posts

Day 19: Do RaceDay workout OR 45+ minutes of exercise.

Journal how you felt today after your workout.

Day 20: Do RaceDay workout OR 45+ minutes of exercise.

*CHALLENGE: visit www.RaceDayTraining.com & click 90-Day Challenge

Day 21: REST

Write 5 names of people that *need* you to be healthy.

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WEEK 4: Drink 96+ oz of Water

When you are properly hydrated your body will function much more efficiently, in exercise and every day life. Your body can adapt to many things, but it cannot adapt to dehydration. Water is one of the greatest aids in weight loss—perhaps the only healthy “weight loss secret” that exists. Here are the guidelines from NASM:

--96 oz (3 quarts) of water per day. (That is more than 8 glasses.)

--Those in fat-loss programs should drink an additional 8 oz for every 25 pounds above your ideal weight.

--Drink 20-40 oz of water for every hour of exercise.

Day 22: Do RaceDay workout OR 45+ minutes of exercise.

*Blog Post: visit www.RaceDayTraining.blogspot.com -- F-E-A-R

Day 23: Do RaceDay workout OR 45+ minutes of exercise.

Day 24: Do RaceDay workout OR 45+ minutes of exercise.

Day 25: Do RaceDay workout OR 45+ minutes of exercise.

*WILDCARD: log in to www.RaceDayTraining.com & click Daily Blog posts

*CHALLENGE: visit www.RaceDayTraining.com & click 90-Day Challenge

Day 26: Do RaceDay workout OR 45+ minutes of exercise.

Journal how you felt today after your workout.

Day 27: Do RaceDay workout OR 45+ minutes of exercise.

Day 28: REST

Write in your journal *why* you are in the current physical condition you are in and *what* you are going to do about it.

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WEEK 5: Cut Out Soda

There are very few foods/drinks I advocate against. Soda is one that I do. It has absolutely no nutritional value and the things it does to you are AWFUL! The reason I make this a challenge is because nearly every one of my clients I have ever trained has had a soda addiction. Every day soda drinkers...tsk, tsk, tsk. Give it up. Your body and your wallet will thank you.

Day 29: Do RaceDay workout OR 45+ minutes of exercise.

*Blog Post: visit www.RaceDayTraining.blogspot.com -- Finding Time

Day 30: Do RaceDay workout OR 45+ minutes of exercise.

*CHALLENGE: visit www.RaceDayTraining.com & click 90-Day Challenge

Day 31: Do RaceDay workout OR 45+ minutes of exercise.

Journal how you felt today after your workout.

Day 32: Do RaceDay workout OR 45+ minutes of exercise.

*WILDCARD: log in to www.RaceDayTraining.com & click Daily Blog posts

Day 33: Do RaceDay workout OR 45+ minutes of exercise.

Day 34: Do RaceDay workout OR 45+ minutes of exercise.

*CHALLENGE: visit www.RaceDayTraining.com & click 90-Day Challenge

Day 35: REST

Write 5 promises to yourself about what you are going to accomplish with your health and fitness.

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WEEK 6: Cut Out Fast Food

Greasy, heavy, disgusting fast food. You don't need it and your body doesn't want it. Make meals at home. Take your lunch to work. Do all you can to avoid it. The more effort you put into making this happen, the more reward you will get.

Day 36: Do RaceDay workout OR 45+ minutes of exercise.

*Blog Post: visit www.RaceDayTraining.blogspot.com -- Moses

Day 37: Do RaceDay workout OR 45+ minutes of exercise.

Day 38: Do RaceDay workout OR 45+ minutes of exercise.

Journal how you felt today after your workout.

Day 39: Do RaceDay workout OR 45+ minutes of exercise.

*WILDCARD: log in to www.RaceDayTraining.com & click Daily Blog posts

Day 40: Do RaceDay workout OR 45+ minutes of exercise.

*CHALLENGE: visit www.RaceDayTraining.com & click 90-Day Challenge

Day 41: Do RaceDay workout OR 45+ minutes of exercise.

Day 42: REST

Write 5 unhealthy foods you are going to give up this next week.

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WEEK 7: Replace your morning snack with 1-2 servings fruit of your choice.

We will spend this week learning to choose healthy fruits mid-morning when we *feel* hungry. Learning to incorporate fruits daily is essential to a healthy lifestyle. Have you been doing this still? Will this be easy or hard?

Day 43: Do RaceDay workout OR 45+ minutes of exercise.

*Blog Post: visit www.RaceDayTraining.blogspot.com -- Why Do I Even Try?

Day 44: Do RaceDay workout OR 45+ minutes of exercise.

Day 45: Do RaceDay workout OR 45+ minutes of exercise.

*CHALLENGE: visit www.RaceDayTraining.com & click 90-Day Challenge

Day 46: Do RaceDay workout OR 45+ minutes of exercise.

*WILDCARD: log in to www.RaceDayTraining.com & click Daily Blog posts

Day 47: Do RaceDay workout OR 45+ minutes of exercise.

Journal how you felt today after your workout.

Day 48: Do RaceDay workout OR 45+ minutes of exercise.

Day 49: REST

Write 5 future "life events" you want to be a part of.

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WEEK 8: Replace your afternoon snack with 2-3 servings vegetables of your choice.

We will spend this week learning to choose healthy vegetables mid-afternoon when we *feel* hungry. Learning to incorporate vegetables daily is essential to a healthy lifestyle. Have you been doing this? Will this be easy or hard?

Day 50: Do RaceDay workout OR 45+ minutes of exercise.

*CHALLENGE: visit www.RaceDayTraining.com & click 90-Day Challenge

Day 51: Do RaceDay workout OR 45+ minutes of exercise.

*Blog Post: visit www.RaceDayTraining.blogspot.com -- No Satisfaction

Day 52: Do RaceDay workout OR 45+ minutes of exercise.

Journal how you felt today after your workout.

Day 53: Do RaceDay workout OR 45+ minutes of exercise.

*WILDCARD: log in to www.RaceDayTraining.com & click Daily Blog posts

Day 54: Do RaceDay workout OR 45+ minutes of exercise.

Day 55: Do RaceDay workout OR 45+ minutes of exercise.

*CHALLENGE: visit www.RaceDayTraining.com & click 90-Day Challenge

Day 56: REST

Write about an experience that has happened due to your physical state that was unpleasant or embarrassing then answer these questions: Do you want to change this? Are you going to change this? *How* are you going to change?

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WEEK 9: No Eating After 7 pm

Hopefully you are trying to implement this rule more often. It should start to feel normal to you. The more you practice with it, the less likely you are to eat late at night. After awhile eating late will just become something you don't really do.

Day 57: Do RaceDay workout OR 45+ minutes of exercise.

*Blog Post: visit www.RaceDayTraining.blogspot.com -- So What

Day 58: Do RaceDay workout OR 45+ minutes of exercise.

Day 59: Do RaceDay workout OR 45+ minutes of exercise.

Day 60: Do RaceDay workout OR 45+ minutes of exercise.

*WILDCARD: log in to www.RaceDayTraining.com & click Daily Blog posts

*CHALLENGE: visit www.RaceDayTraining.com & click 90-Day Challenge

Day 61: Do RaceDay workout OR 45+ minutes of exercise.

Day 62: Do RaceDay workout OR 45+ minutes of exercise.

Journal how you felt today after your workout.

Day 63: REST

List your 5 favorite people. What are you willing to give up to have more time with them? Make a list and recall it any time you feel like compromising your health.

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WEEK 10: Drink 96+ oz of Water

This is a hard one to keep up without direct focus. But the more you practice drinking a lot of water, the better you will get at it. Focus all week.

--96 oz (3 quarts) of water per day. (That is more than 8 glasses)

--Those in fat-loss programs should drink an additional 8 oz for every 25 pounds above your ideal weight.

--Drink 20-40 oz of water for every hour of exercise.

Day 64: Do RaceDay workout OR 45+ minutes of exercise.

*Blog Post: visit www.RaceDayTraining.blogspot.com -- 25 Things That Voice....

Day 65: Do RaceDay workout OR 45+ minutes of exercise.

*CHALLENGE: visit www.RaceDayTraining.com & click 90-Day Challenge

Day 66: Do RaceDay workout OR 45+ minutes of exercise.

Day 67: Do RaceDay workout OR 45+ minutes of exercise.

*WILDCARD: log in to www.RaceDayTraining.com & click Daily Blog posts

Day 68: Do RaceDay workout OR 45+ minutes of exercise.

Journal how you felt today after your workout.

Day 69: Do RaceDay workout OR 45+ minutes of exercise.

Day 70: REST

Write the names of 3 people who believe in you. Show them you can do this.

*CHALLENGE: visit www.RaceDayTraining.com & click 90-Day Challenge

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WEEK11: Cut Out Soda

Ideally you gave up soda completely the first go round, so this will be easy for you. If, by chance, you allowed it to sneak back into your life, here's another chance to get rid of it. NO SODA!

Day 71: Do RaceDay workout OR 45+ minutes of exercise.

*Blog Post: visit www.RaceDayTraining.blogspot.com -- Set Backs

Day 72: Do RaceDay workout OR 45+ minutes of exercise.

Journal how you felt today after your workout.

Day 73: Do RaceDay workout OR 45+ minutes of exercise.

Day 74: Do RaceDay workout OR 45+ minutes of exercise.

*WILDCARD: log in to www.RaceDayTraining.com & click Daily Blog posts

Day 75: Do RaceDay workout OR 45+ minutes of exercise.

*CHALLENGE: visit www.RaceDayTraining.com & click 90-Day Challenge

Day 76: Do RaceDay workout OR 45+ minutes of exercise.

Day 77: REST

List 3 upcoming holidays or events (i.e. Thanksgiving, New Years, birthday party, wedding, Superbowl, etc) where you know a lot of food will be present. Write your plan now of what you will do to make sure you don't overeat and that you don't eat a lot of junk. Really think about it and make it specific. Having a plan helps you succeed. When everyone else feels awful the next day, you will feel awesome!

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WEEK 12: Cut Out Fast Food

Greasy, heavy, disgusting fast food. You don't need it and your body doesn't want it. Make meals at home. Take your lunch to work. Do all you can to avoid it....again.

Day 78: Do RaceDay workout OR 45+ minutes of exercise.

*Blog Post: visit www.RaceDayTraining.blogspot.com -- A Cumulative Process

Day 79: Do RaceDay workout OR 45+ minutes of exercise.

Day 80: Do RaceDay workout OR 45+ minutes of exercise.

*CHALLENGE: visit www.RaceDayTraining.com & click 90-Day Challenge

Day 81: Do RaceDay workout OR 45+ minutes of exercise.

*WILDCARD: log in to www.RaceDayTraining.com & click Daily Blog posts

Day 82: Do RaceDay workout OR 45+ minutes of exercise.

Journal how you felt after your workout today.

Day 83: Do RaceDay workout OR 45+ minutes of exercise.

Day 84: REST

Write your fitness plans and goals for the next 3 months. Write a goal for 1 year from now. Be specific.

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WEEK13: Perfect Eating Evaluation

Fill out your eating evaluation (available to RaceDay Members) this week. Strive for a perfect week of eating *only when hungry* and stopping before you are full. You should be circling all 1's!

Day 85: Do RaceDay workout OR 45+ minutes of exercise.

*CHALLENGE: visit www.RaceDayTraining.com & click 90-Day Challenge

Day 86: Do RaceDay workout OR 45+ minutes of exercise.

*Blog Post: visit www.RaceDayTraining.blogspot.com -- Eye of the Tiger

Day 87: Do RaceDay workout OR 45+ minutes of exercise.

Journal how you felt after your workout today.

Day 88: Do RaceDay workout OR 45+ minutes of exercise.

*WILDCARD: log in to www.RaceDayTraining.com & click Daily Blog posts

Day 89: Do RaceDay workout OR 45+ minutes of exercise.

Day 90: Do RaceDay workout OR 45+ minutes of exercise.

*CHALLENGE: visit www.RaceDayTraining.com & click 90-Day Challenge

CONGRATULATIONS! You made it to the end of the 90-Day Challenge. Complete the race you wrote on day 1 of this challenge. Have a big post-race party with family and friends. You deserve it! Pick your next race or just continue with your daily workouts and keep going! Maybe this time you can get someone else to do it with you.