

# CHALLENGE

## DAY 1: Pick a Race & Register

Find a race as close to 90 days from now as you can. Whether it's a 5K walk, a sprint triathlon, a half marathon, a marathon or something else. Pick something that you can complete 90 days from now. Challenge yourself.

Register for it now. Even if you are afraid, just do it. Going through the process of registering makes it real to you and it gives you motivation and drive you can't create otherwise. If you feel nervous that's good! That means it matters.

Don't let fearful thoughts keep you from progressing. "What if I can't complete it?" "What if I fail?" "What if I look dumb?" So what if you do? (which you won't)

What ultimately matters is your health and your progress and if you are working every day on that you simply cannot fail.

Know that every day of this challenge is bringing you closer to that goal. Every day counts. Be committed.