



BETTER28

The rules: every day you have 4 areas to look after **#1** mind, **#2** movement, **#3** exercise, **#4** protein. Each day you get 1 point for each area you complete. End of each week you should have a score out of 28. Anything over 23 is considered solid progress for the week.

DATE FROM:

DATE TO:

1 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	2 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	3 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	4 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	5 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	6 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	7 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>
8 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	9 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	10 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	11 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	12 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	13 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	14 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>
15 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	16 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	17 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	18 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	19 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	20 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	21 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>
22 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	23 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	24 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	25 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	26 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	27 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>	28 mind <input type="checkbox"/> movement <input type="checkbox"/> exercise <input type="checkbox"/> protein <input type="checkbox"/>



WHY THOSE 4 THINGS ?

#1 Mind. Anything that takes your mind off everything that's happening and gets you to focus is good for you. This could be 10 minutes meditation, 10 minutes playing an instrument, 10 minutes reading a book even watching a some stand up comedy. Minimum of 10 minutes daily, there is no maximum time.

#2 Movement. Simply walking 30 mins per day improves your health massively. This is doable by almost everyone.

#3 Exercise. Pick a workout of your choice & do a minimum of 12 minutes. There is no maximum time. Ideas: a home workout from an app, a park gym, a Youtube workout, zoom online class with a PT, kettlebells, pushups, anything that gets your heart rate going.

#4 Protein. Eating more protein makes you feel fuller faster, which means you automatically eat less calories. This means you lose weight & get stronger. All you need to do is eat at least a1 portion of protein at each meal.

note: I could add all the academic references here. But that'd be boring. Google it if you're interested or drop us a message.



WHY BETTER28 ?

Better28 is a 28-day mental health upgrade masquerading as a fitness challenge. By the end you'll be a better version of yourself than you were at the start both physically & mentally.

Which of the following benefits do you want to experience by the end of this?

tick all that apply.

- | | |
|--|---|
| <input type="checkbox"/> I'll look better | <input type="checkbox"/> I'll be more physically fit |
| <input type="checkbox"/> I'll be/feel more attractive to others | <input type="checkbox"/> I'll enjoy sexual intimacy more |
| <input type="checkbox"/> I'll be able to wear smaller size clothes | <input type="checkbox"/> I'll feel like myself again |
| <input type="checkbox"/> I'll be able to wear more stylish clothes | <input type="checkbox"/> I'll feel more in control |
| <input type="checkbox"/> I'll be happier when I look in the mirror | <input type="checkbox"/> I'll feel as if I've accomplished something important |
| <input type="checkbox"/> I won't feel self conscious | <input type="checkbox"/> I'll feel more confident |
| <input type="checkbox"/> I'll get more compliments | <input type="checkbox"/> I'll be less self critical |
| <input type="checkbox"/> I'll be in better health | <input type="checkbox"/> I'll feel more outgoing |
| <input type="checkbox"/> I'll be able to exercise/ move without discomfort | <input type="checkbox"/> I'll do more things (like going swimming) |
| <input type="checkbox"/> I'll live longer | <input type="checkbox"/> I won't have to listen to family commenting on my food |
| <input type="checkbox"/> I'll feel better physically | <input type="checkbox"/> I'll be more assertive |
| <input type="checkbox"/> I'll have more energy | <input type="checkbox"/> |
| | <input type="checkbox"/> |
| | <input type="checkbox"/> |
| | <input type="checkbox"/> |

add your own reasons in the blank spaces. remind yourself of these every day.