

FEAT SWEAT BLOG

10 FOOD FEATS

20 WORKOUTS

TRACK IT ALL

THE **SOCIAL**
WORKOUT.COM

FALL CHALLENGE

OCTOBER 1-31, 2009

feed your body at socialworkout.com

EAT. SWEAT. BLOG.

YOU: WORK OUT 20 DAYS.
ACHIEVE 10 HEALTHY FOOD FEATS FROM LIST BELOW.
BLOG YOUR EXPERIENCE.

WE: SUPPLY THE PEER PRESSURE. AND THE PRIZES.

FOOD FEATS

MONTH.

GO VEGGIE: It's harvest time!

GO VEGAN: Wow your lefty friends.

ON THE WAGON: No alcohol. No hangovers.

FAST FOODLESS: No fast food. No downside.

THE KITCHEN CURE: Purge your kitchen @ thekitchn.com

NO LATE NIGHT SNACKING: Nothing after 9 P.M. Sweet dreams.

SODA FREE: Just say no.

- feat accompli!
- feat accompli!
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- feat accompli!
- feat accompli!
- feat accompli!

WEEK.

UNSWEETENED: No added sugars. You'll be sweeter.

JUST WATER: Drink like the gods. Only agua.

NO-MOO: Non dairy. Stop being so cheezy.

FLOG: Keep a daily food log. You'll be surprised.

LO-GLOO: Go gluten free. Bye-bye to wheat, barley & rye.

CAFFEINE FREE: Break the habit.

- feat accompli!
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DAY.

LOCALVORE: Everything local. It's the future.

FOOD SERVING: Share the love. Do one shift with City Harvest.

BRIGHTLY COLORED: Get artsy. Three bright colors on every plate.

RAW FOOD DAY: Channel your inner hunter-gatherer.

JUICE FAST: Eat less. Drink more.

- feat accompli!
- feat accompli!
- feat accompli!
- feat accompli!
- feat accompli!

ANY TEN DAYS.

SW-E-AT: We'll post a daily food-exercise pairing. Eat one, do the other, and tell us about it. 10 times.

PERSONAL CHEF: Cook dinner 10 times. Invite friends.

SMOOTHIEST: Make 10 smoothies, on 10 days. Weirder the better.

BROWN BAGGER: Cool kids bring their lunch to work. 10 times.

- feat accompli!
- feat accompli!
- feat accompli!
- feat accompli!

TOTAL NUMBER OF FEATS COMPLETED:



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