

THE MOVEMENT HEADQUARTERS

28-Day Lockdown Challenge

Rules:

One (1) point will be given for completion of tasks
(see calendar for complete 28-day schedule)

Each week there will be
5 workouts
1 walk
1 stretch
1 meditation
1 meal prep

There will be a weekly bonus challenge
(found at the beginning of each
row in the calendar, in red)

On selfie Mondays there will be one (1) additional point
available for posting a post-workout selfie on social media
(make sure to tag @themvmthq and use the hashtag #MVMT28)

Spirit Prizes:

Since we actually expect a lot of our participants to complete
every task, all of our prizes will be given out based on most
"spirit" (including livestream attendance, social media posts
etc.)

One (1) Lululemon men's top

One (1) Lululemon women's top

Two (2) Lululemon yoga mats

Stay tuned for more possible prizes

28 Day Movement HQ Lockdown Challenge

	Monday Day 1	Tuesday Day 2	Wednesday Day 3	Thursday Day 4	Friday Day 5	Saturday Day 6	Sunday Day 7		
Week 1	Weekly Bonus Challenge Complete 300 Squats throughout the week *must be in addition* to the daily workout	Seite Monday	MVMT 45 Live on zoom 915am 530pm ID: 705-533-1111 PW: 1111 OR On Demand themovementhq.com/workout	MVMT 45 Live on zoom 915am 530pm ID: 705-533-1111 PW: 1111 OR On Demand themovementhq.com/workout	MVMT 45 Live on zoom 915am 530pm ID: 705-533-1111 PW: 1111 OR On Demand themovementhq.com/workout	Recovery Stretch With Namaste North On Demand 3+ km Walk	MVMT 45 Live on zoom 915am 530pm ID: 705-533-1111 PW: 1111 OR On Demand themovementhq.com/workout	MVMT 45 Live on zoom 915am 530pm ID: 705-533-1111 PW: 1111 OR On Demand themovementhq.com/workout	Morning Meditation with TBA On Demand Meal Prep With Sydney Lougheed RD
Week 2	Weekly Bonus Challenge Eat no sugar for the week	Seite Monday	MVMT 45 Live on zoom 915am 530pm ID: 705-533-1111 PW: 1111 OR On Demand themovementhq.com/workout	MVMT 45 Live on zoom 915am 530pm ID: 705-533-1111 PW: 1111 OR On Demand themovementhq.com/workout	MVMT 45 Live on zoom 915am 530pm ID: 705-533-1111 PW: 1111 OR On Demand themovementhq.com/workout	Recovery Stretch With Namaste North On Demand 4+ km Walk	MVMT 45 Live on zoom 915am 530pm ID: 705-533-1111 PW: 1111 OR On Demand themovementhq.com/workout	MVMT 45 Live on zoom 915am 530pm ID: 705-533-1111 PW: 1111 OR On Demand themovementhq.com/workout	Morning Meditation with TBA On Demand Meal Prep With Sydney Lougheed RD
Week 3	Weekly Bonus Challenge Complete 30 Burpees every day	Seite Monday	MVMT 45 Live on zoom 915am 530pm ID: 705-533-1111 PW: 1111 OR On Demand themovementhq.com/workout	MVMT 45 Live on zoom 915am 530pm ID: 705-533-1111 PW: 1111 OR On Demand themovementhq.com/workout	MVMT 45 Live on zoom 915am 530pm ID: 705-533-1111 PW: 1111 OR On Demand themovementhq.com/workout	Recovery Stretch With Namaste North On Demand 5+ km walk	MVMT 45 Live on zoom 915am 530pm ID: 705-533-1111 PW: 1111 OR On Demand themovementhq.com/workout	MVMT 45 Live on zoom 915am 530pm ID: 705-533-1111 PW: 1111 OR On Demand themovementhq.com/workout	Morning Meditation with TBA On Demand Meal Prep With Sydney Lougheed RD
Week 4	Weekly Bonus Challenge Complete 3 x 1minute Cold showers throughout the week	Seite Monday	MVMT 45 Live on zoom 915am 530pm ID: 705-533-1111 PW: 1111 OR On Demand themovementhq.com/workout	MVMT 45 Live on zoom 915am 530pm ID: 705-533-1111 PW: 1111 OR On Demand themovementhq.com/workout	MVMT 45 Live on zoom 915am 530pm ID: 705-533-1111 PW: 1111 OR On Demand themovementhq.com/workout	Recovery Stretch With Namaste North On Demand 5+ km Walk	MVMT 45 Live on zoom 915am 530pm ID: 705-533-1111 PW: 1111 OR On Demand themovementhq.com/workout	MVMT 45 Live on zoom 915am 530pm ID: 705-533-1111 PW: 1111 OR On Demand themovementhq.com/workout	Morning Meditation with TBA On Demand Meal Prep With Sydney Lougheed RD

Week 1		
Day	Task	Check
Monday	MVMT 45	<input type="checkbox"/>
	Selfie	<input type="checkbox"/>
Tuesday	MVMT 45	<input type="checkbox"/>
Wednesday	MVMT 45	<input type="checkbox"/>
Thursday	Stretch	<input type="checkbox"/>
	Walk 3km	<input type="checkbox"/>
Friday	MVMT 45	<input type="checkbox"/>
Saturday	MVMT 45	<input type="checkbox"/>
Sunday	Meditation	<input type="checkbox"/>
	Meal Prep	<input type="checkbox"/>
Bonus	300 Squats	50 <input type="checkbox"/> 100 <input type="checkbox"/> 150 <input type="checkbox"/> 200 <input type="checkbox"/> 250 <input type="checkbox"/> 300 <input type="checkbox"/>

Week 2		
Day	Task	Check
Monday	MVMT 45	<input type="checkbox"/>
	Selfie	<input type="checkbox"/>
Tuesday	MVMT 45	<input type="checkbox"/>
Wednesday	MVMT 45	<input type="checkbox"/>
Thursday	Stretch	<input type="checkbox"/>
	Walk 4km	<input type="checkbox"/>
Friday	MVMT 45	<input type="checkbox"/>
Saturday	MVMT 45	<input type="checkbox"/>
Sunday	Meditation	<input type="checkbox"/>
	Meal Prep	<input type="checkbox"/>
Bonus	No sugar	M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/> S <input type="checkbox"/> Su <input type="checkbox"/>

Week 3		
Day	Task	Check
Monday	MVMT 45	<input type="checkbox"/>
	Selfie	<input type="checkbox"/>
Tuesday	MVMT 45	<input type="checkbox"/>
Wednesday	MVMT 45	<input type="checkbox"/>
Thursday	Stretch	<input type="checkbox"/>
	Walk 5km	<input type="checkbox"/>
Friday	MVMT 45	<input type="checkbox"/>
Saturday	MVMT 45	<input type="checkbox"/>
Sunday	Meditation	<input type="checkbox"/>
	Meal Prep	<input type="checkbox"/>
Bonus	30 burpees every day	M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/> S <input type="checkbox"/> Su <input type="checkbox"/>

Week 4		
Day	Task	Check
Monday	MVMT 45	<input type="checkbox"/>
	Selfie	<input type="checkbox"/>
Tuesday	MVMT 45	<input type="checkbox"/>
Wednesday	MVMT 45	<input type="checkbox"/>
Thursday	Stretch	<input type="checkbox"/>
	Walk 5km	<input type="checkbox"/>
Friday	MVMT 45	<input type="checkbox"/>
Saturday	MVMT 45	<input type="checkbox"/>
Sunday	Meditation	<input type="checkbox"/>
	Meal Prep	<input type="checkbox"/>
Bonus	3 1-minute cold showers	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>