



# NEW ME CHALLENGE

			1 GO FOR A <b>30</b> <sup>MINUTE</sup> WALK	2 PACK YOURSELF A <b>HEALTHY LUNCH</b> FOR THE NEXT DAY 	3 GO TO A <b>GROUP FITNESS CLASS</b>	4 PAMPER  YOURSELF
5 DO <b>50</b>  <b>SQUATS</b>	6 TELL YOURSELF <b>3 THINGS</b> YOU <b>LOVE</b> ABOUT <b>YOU</b> OUTLOUD	7 GO FOR A <b>20</b> <sup>MINUTE</sup> <b>RUN</b> 	8 LISTEN TO A GUIDED <b>MEDITATION</b>  OR PODCAST	9 PERFORM <b>100</b> <b>ABS</b> 	10 <b>DECLUTTER</b> YOUR <b>HOME</b>	11 GO TO A <b>YOGA</b>  <b>CLASS</b>
12 <b>UNPLUG</b> FROM ALL YOUR <b>DEVICES</b> 	13 ORGANIZE YOUR <b>INBOX</b>	14 GO FOR A  <b>BIKE RIDE</b>	15 MAKE A LIST OF <b>5 THINGS</b> YOU ARE <b>GRATEFUL</b> FOR	16  DO A <b>10</b> MINUTE <b>STRETCHING</b> <b>SESSION</b>	17 <b>COOK</b> YOURSELF YOUR <b>FAVORITE MEAL</b> 	18 PERFORM <b>50</b> <b>LUNGES</b> (25 PER LEG)
19 TRY A <b>NEW</b> <b>EXERCISE</b>	20 TAKE AT LEAST <b>800</b> <b>STEPS</b> 	21 CREATE A LIST OF <b>GOALS</b> FOR YOURSELF	22 PERFORM <b>20</b> <b>BURPEES</b> 	23 GO FOR A  <b>PHOTO WALK</b>	24 PERFORM <b>3 SERIES</b> OF <b>15</b> <b>JUMPING SQUATS</b>	25 <b>CONNECT</b> WITH AN <b>OLD FRIEND</b>
26 PLANK FOR <b>1</b> <sup>MINUTE</sup> 	27 DO A <b>RANDOM</b> ACT OF <b>KINDNESS</b>	28 PERFORM  <b>50</b> <b>JUMPING JACKS</b>	29 <b>RELAX</b> WITH YOUR FAVORITE <b>MOVIES</b> 	30 GO FOR A  <b>5</b> <sup>KILOMETER</sup> <b>RUN</b>	31 <b>SOCIAL MEDIA</b> <b>DETOX</b>  FOR A DAY	

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- 1) TAKE THE CHALLENGE
- 2) COMPLETE THE 31 DAYS
- 3) COME BACK TO THE STORE WITH THIS CALENDAR TO GET AN EXCLUSIVE 20% DISCOUNT ON YOUR NEXT PURCHASE BEFORE FEBRUARY 29TH  
(EXCLUSIONS APPLY)
- 4) SHARE YOUR JOURNEY ON SOCIAL MEDIA USING THE HASHTAG  
**#ASICSNEWMECHALLENGE**

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