










QUICK START PLAYER GUIDE

THE CHALLENGE IS SIMPLE – You'll spend the next six weeks improving your health, your happiness, and your relationship with yourself and others.

HERE'S HOW IT WORKS – The Challenge goes for 6 weeks. Each day, you'll earn points for completing each of the 7 Daily Habits:

- NUTRITION**  **NO** Bread (except for a sandwich or tortillas once/day)
NO Cereal with sugar as the 1st or 2nd ingredient
Recommendation: Limit Pasta **NO** Dessert or Candy
NO Juice or Soda (diet or regular)
- EXERCISE**  **DO** One of the 5-minute workout routines from WLC
(Check out the next page for workout instructions.)
- MOBILITY**  **STRETCH** One body part for 5 minutes: lower legs, upper legs, glutes, spine, shoulders
(Check out the next page for stretching instructions.)
- SLEEP**  **CHOOSE** A bedtime – and stick to it!
- HYDRATION**  **DRINK** Water (in ounces) equal to one-third of your body weight (in pounds)
(For example, if you weigh 100 pounds, you would drink 33 ounces of water.)
- WELL-BEING**  **SHARE** 3 things that happened each day with your parents
+ **ONE OF THE FOLLOWING:** 5 minutes meditating, or 5 minutes journaling
[Check out the "FOR TEENS" section of the Learning Lab for meditation instruction!](#)
- REFLECTION**  **WRITE** Briefly about how the day went. (Minimum of 25 words.)

SCORING – Each habit is worth 5 points per day upon completion. The exception is your Nutrition score. You'll start your day with 5 points and deduct 1 point for each serving of "NO foods" you consume.

EXERCISE: 5-MINUTE WORKOUT ROUTINES

How to structure your 5 minutes:

- **10x 20 seconds of work, 10 seconds of rest:** Choose one movement.
- **5x 30 seconds of work, 30 seconds of rest :** Choose one movement.
- **5x 45 seconds of work, 15 seconds of rest :** Choose one movement.
- **EMOM:** Each minute start a new movement. Do as many reps as you can without stopping and rest the remainder of the minute. Choose between 2 and 5 movements.
- **Isometric Workout:** Use the isometric hold movements with any of the intervals above. E.g. 30 seconds plank, 30 seconds of rest, 30 seconds of chair sit, 30 seconds of rest, etc. Choose between 2 and 5 movements

Use the following movement options:

Legs	Upper Body	Core	Isometric
Squats	Push-Ups	Sit-Ups	Wall Sit
Lunges	Dips	Bicycles	Lunge (bottom) hold
Cossack Squats	Up Downs	Vertical Hip Thrusts	Plank (elbow or hand)
			Side Plank
			Cobra

[Video demos of the movements available in the "For Teens" Section of the Learning lab.](#)

[Login at play.wholelifechallenge.com](http://play.wholelifechallenge.com)

MOBILITY: STRETCHING OPTIONS

Hamstrings:

- Bend at your hips, and just hang, reaching your hands toward the ground
- Sit with your legs outstretched in front of you and reach for your toes
- Stand with one leg up on a chair or back of a couch. Bend toward that leg.

Glutes/lower back

- Seated 90/90
- Seated cross-leg bend forward
- Child's Pose
- Lie on back, pull two legs into chest

Chest

- Arm outstretched to the side, rotate torso away

Quads / Hip Flexors:

- Kneeling lunge
- Side-lying quad stretch

Full Body / Hips

- Bottom of the squat - just hang out there

[Video demos of the stretches available in the "For Teens" Section of the Learning lab.](#)

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GETTING STARTED IN THE GAME – When you register and log in for the first time, you will be asked a series of questions. You must answer all the questions in order to access your profile. During this process you will be asked to choose a Nutrition Level and set a Sleep Duration - choose any nutrition level and set any sleep duration, as these two don't apply to your game.

JOIN A TEAM WITH YOUR FAMILY & FRIENDS –

Most of our teens play on WLC Teams with their family and/or close friends. Odds are, whoever is organizing your family and friends to play will have already made a WLC Team.

- Find out the name of your WLC Team
- Go to the menu, and select Teams and search your WLC Team name
- Once you find the team, click "Join Team".

HOW TO SCORE –

Every day, log in to play.wholelifechallenge.com to log your score for the day.

- The scoring window opens at 7 p.m. every day and closes at midnight the following day.
- Which means, you have 29 hours to enter your score for any given day.
- If you miss entering your score before the cutoff, you can use one of your Mulligans to reopen scoring.

[Login to play at play.wholelifechallenge.com](http://play.wholelifechallenge.com)

BONUS TOKENS – During the Challenge, consistently posting perfect (or near-perfect) scores earns Bonus Tokens. These are in-game rewards for healthy behavior, allowing you to have a bad day without negatively impacting your overall score.



INDULGENCE BONUS

Earned for losing 2 or less Nutrition points over any consecutive 4-day period, this bonus automatically adds 1 nutrition point to your next imperfect Nutrition score.



FREE DAY BONUS

The mother of all bonuses, this is earned for losing 5 or fewer total points over any consecutive 21-day period. A Free Day Bonus gives you a perfect score across all 7 Daily Habits on a day of your choosing.



REST DAY BONUS

Earned for getting your Exercise points for 10 straight days, this bonus allows you to miss a day of Exercise and still receive 5 points for that day.



NIGHT OWL BONUS

Earned for getting to bed on time for 6 consecutive days, this bonus allows you to miss your Sleep requirement and still receive 5 points for that day.