

THE UNMASKED CHALLENGE

The Unmasked Challenge: A Holistic Approach to Wellness

The Unmasked Challenge is a 77-day commitment designed to inspire physical, mental, emotional, and spiritual growth. By combining intentional daily tasks, it aligns with a holistic view of well-being, helping participants uncover their true potential. Each task contributes to a balanced, healthy life:

45-Minute Workout

Focus: Physical health and mental clarity.

Physical exercise not only improves fitness but also reduces stress and boosts mood through endorphin release. This task emphasizes the importance of movement for both body and mind.

No Soda, Sugary Drinks, or Alcohol

Focus: Nourishment and self-discipline.

Eliminating these beverages encourages hydration and healthier choices, reducing sugar crashes and promoting better energy levels. It also fosters mindful consumption and self-control.

Read/Listen to 3 Chapters of the Bible

Focus: Spiritual and intellectual growth.

Engaging with scripture offers an opportunity for reflection, wisdom, and connection to one's faith, providing guidance and a sense of purpose in daily life.

No Fast Food + Limit Portion Sizes

Focus: Nutrition and mindfulness.

Choosing nutritious meals and practicing portion control enhances physical health while teaching mindful eating habits, which are key to long-term wellness.

Drink 3 Liters of Water

Focus: Hydration and vitality.

Proper hydration supports brain function, energy levels, and overall physical performance, serving as a cornerstone of daily well-being.

Tag One Person to Join You

Focus: Community and accountability.

Inviting others to participate builds support systems, enhances accountability, and spreads the challenge's impact to a wider audience.

Send an Encouraging Message to Someone

Focus: Emotional health and connection.

Acts of kindness foster deeper relationships and improve mental well-being for both the sender and recipient. This task promotes empathy and positivity.

Write One Journal Entry

Focus: Reflection and personal growth.

Journaling helps process emotions, track progress, and cultivate gratitude. It creates a space for self-awareness and introspection, vital for personal development.

Holistic Wellness in Action

By integrating physical activity, proper nutrition, spiritual practice, hydration, connection, and self-reflection, The Unmasked Challenge creates a well-rounded approach to health. Each task complements the others, fostering a balanced lifestyle that nurtures mind, body, and spirit.

Are you ready to unmask your best self? Join the challenge and encourage others to take the journey with you. Together, we grow stronger!

Record your starting weight at the beginning of this challenge, and when complete, include your final weight!

STARTING WEIGHT: _____

ENDING WEIGHT: _____

START DATE
__ / __ / __

TARGET DATE
__ / __ / __

THE UNMASKED CHALLENGE

WEEK 1

	M	T	W	T	F	S	S
45 MIN WORKOUT	<input type="checkbox"/>						
NO SODA, SUGARY DRINKS, ALCOHOL	<input type="checkbox"/>						
READ/LISTEN 3 CHAPTERS OF THE BIBLE	<input type="checkbox"/>						
NO FAST FOOD + LIMIT PORTION SIZES	<input type="checkbox"/>						
DRINK 3 LITERS OF WATER	<input type="checkbox"/>						
TAG ONE PERSON TO JOIN YOU	<input type="checkbox"/>						
SEND ENCOURAGING MESSAGE TO SOMEONE	<input type="checkbox"/>						
WRITE ONE JOURNAL ENTRY	<input type="checkbox"/>						

WEEK 2

	M	T	W	T	F	S	S
45 MIN WORKOUT	<input type="checkbox"/>						
NO SODA, SUGARY DRINKS, ALCOHOL	<input type="checkbox"/>						
READ/LISTEN 3 CHAPTERS OF THE BIBLE	<input type="checkbox"/>						
NO FAST FOOD + LIMIT PORTION SIZES	<input type="checkbox"/>						
DRINK 3 LITERS OF WATER	<input type="checkbox"/>						
TAG ONE PERSON TO JOIN YOU	<input type="checkbox"/>						
SEND ENCOURAGING MESSAGE TO SOMEONE	<input type="checkbox"/>						
WRITE ONE JOURNAL ENTRY	<input type="checkbox"/>						

WEEK 3

	M	T	W	T	F	S	S
45 MIN WORKOUT	<input type="checkbox"/>						
NO SODA, SUGARY DRINKS, ALCOHOL	<input type="checkbox"/>						
READ/LISTEN 3 CHAPTERS OF THE BIBLE	<input type="checkbox"/>						
NO FAST FOOD + LIMIT PORTION SIZES	<input type="checkbox"/>						
DRINK 3 LITERS OF WATER	<input type="checkbox"/>						
TAG ONE PERSON TO JOIN YOU	<input type="checkbox"/>						
SEND ENCOURAGING MESSAGE TO SOMEONE	<input type="checkbox"/>						
WRITE ONE JOURNAL ENTRY	<input type="checkbox"/>						

WEEKLY PROGRESS PHOTO:

WEEK 1
WEEK 2
WEEK 3

“IT IS ONLY WHEN WE TAKE CHANCES THAT OUR LIVES IMPROVE. THE INITIAL AND THE MOST DIFFICULT RISK WE NEED TO TAKE IS TO BECOME HONEST.”

— WALTER ANDERSON

THE UNMASKED CHALLENGE

WEEK 4

	M	T	W	T	F	S	S
45 MIN WORKOUT	<input type="checkbox"/>						
NO SODA, SUGARY DRINKS, ALCOHOL	<input type="checkbox"/>						
READ/LISTEN 3 CHAPTERS OF THE BIBLE	<input type="checkbox"/>						
NO FAST FOOD + LIMIT PORTION SIZES	<input type="checkbox"/>						
DRINK 3 LITERS OF WATER	<input type="checkbox"/>						
TAG ONE PERSON TO JOIN YOU	<input type="checkbox"/>						
SEND ENCOURAGING MESSAGE TO SOMEONE	<input type="checkbox"/>						
WRITE ONE JOURNAL ENTRY	<input type="checkbox"/>						

WEEK 5

	M	T	W	T	F	S	S
45 MIN WORKOUT	<input type="checkbox"/>						
NO SODA, SUGARY DRINKS, ALCOHOL	<input type="checkbox"/>						
READ/LISTEN 3 CHAPTERS OF THE BIBLE	<input type="checkbox"/>						
NO FAST FOOD + LIMIT PORTION SIZES	<input type="checkbox"/>						
DRINK 3 LITERS OF WATER	<input type="checkbox"/>						
TAG ONE PERSON TO JOIN YOU	<input type="checkbox"/>						
SEND ENCOURAGING MESSAGE TO SOMEONE	<input type="checkbox"/>						
WRITE ONE JOURNAL ENTRY	<input type="checkbox"/>						

WEEK 6

	M	T	W	T	F	S	S
45 MIN WORKOUT	<input type="checkbox"/>						
NO SODA, SUGARY DRINKS, ALCOHOL	<input type="checkbox"/>						
READ/LISTEN 3 CHAPTERS OF THE BIBLE	<input type="checkbox"/>						
NO FAST FOOD + LIMIT PORTION SIZES	<input type="checkbox"/>						
DRINK 3 LITERS OF WATER	<input type="checkbox"/>						
TAG ONE PERSON TO JOIN YOU	<input type="checkbox"/>						
SEND ENCOURAGING MESSAGE TO SOMEONE	<input type="checkbox"/>						
WRITE ONE JOURNAL ENTRY	<input type="checkbox"/>						

WEEKLY PROGRESS PHOTO:

- WEEK 4
- WEEK 5
- WEEK 6

“SUCCESS IS NOT FINAL; FAILURE IS NOT FATAL: IT IS
THE COURAGE TO CONTINUE THAT COUNTS.”

— WINSTON CHURCHILL

THE UNMASKED CHALLENGE

WEEK 7

	M	T	W	T	F	S	S
45 MIN WORKOUT	<input type="checkbox"/>						
NO SODA, SUGARY DRINKS, ALCOHOL	<input type="checkbox"/>						
READ/LISTEN 3 CHAPTERS OF THE BIBLE	<input type="checkbox"/>						
NO FAST FOOD + LIMIT PORTION SIZES	<input type="checkbox"/>						
DRINK 3 LITERS OF WATER	<input type="checkbox"/>						
TAG ONE PERSON TO JOIN YOU	<input type="checkbox"/>						
SEND ENCOURAGING MESSAGE TO SOMEONE	<input type="checkbox"/>						
WRITE ONE JOURNAL ENTRY	<input type="checkbox"/>						

WEEK 8

	M	T	W	T	F	S	S
45 MIN WORKOUT	<input type="checkbox"/>						
NO SODA, SUGARY DRINKS, ALCOHOL	<input type="checkbox"/>						
READ/LISTEN 3 CHAPTERS OF THE BIBLE	<input type="checkbox"/>						
NO FAST FOOD + LIMIT PORTION SIZES	<input type="checkbox"/>						
DRINK 3 LITERS OF WATER	<input type="checkbox"/>						
TAG ONE PERSON TO JOIN YOU	<input type="checkbox"/>						
SEND ENCOURAGING MESSAGE TO SOMEONE	<input type="checkbox"/>						
WRITE ONE JOURNAL ENTRY	<input type="checkbox"/>						

WEEK 9

	M	T	W	T	F	S	S
45 MIN WORKOUT	<input type="checkbox"/>						
NO SODA, SUGARY DRINKS, ALCOHOL	<input type="checkbox"/>						
READ/LISTEN 3 CHAPTERS OF THE BIBLE	<input type="checkbox"/>						
NO FAST FOOD + LIMIT PORTION SIZES	<input type="checkbox"/>						
DRINK 3 LITERS OF WATER	<input type="checkbox"/>						
TAG ONE PERSON TO JOIN YOU	<input type="checkbox"/>						
SEND ENCOURAGING MESSAGE TO SOMEONE	<input type="checkbox"/>						
WRITE ONE JOURNAL ENTRY	<input type="checkbox"/>						

WEEKLY PROGRESS PHOTO:

WEEK 7
 WEEK 8
 WEEK 9

“ENCOURAGE YOURSELF, BELIEVE IN YOURSELF, AND
 LOVE YOURSELF. NEVER DOUBT WHO YOU ARE.”
 — STEPHANIE LAHART

THE UNMASKED CHALLENGE

WEEK 10

	M	T	W	T	F	S	S
45 MIN WORKOUT	<input type="checkbox"/>						
NO SODA, SUGARY DRINKS, ALCOHOL	<input type="checkbox"/>						
READ/LISTEN 3 CHAPTERS OF THE BIBLE	<input type="checkbox"/>						
NO FAST FOOD + LIMIT PORTION SIZES	<input type="checkbox"/>						
DRINK 3 LITERS OF WATER	<input type="checkbox"/>						
TAG ONE PERSON TO JOIN YOU	<input type="checkbox"/>						
SEND ENCOURAGING MESSAGE TO SOMEONE	<input type="checkbox"/>						
WRITE ONE JOURNAL ENTRY	<input type="checkbox"/>						

WEEK 11

	M	T	W	T	F	S	S
45 MIN WORKOUT	<input type="checkbox"/>						
NO SODA, SUGARY DRINKS, ALCOHOL	<input type="checkbox"/>						
READ/LISTEN 3 CHAPTERS OF THE BIBLE	<input type="checkbox"/>						
NO FAST FOOD + LIMIT PORTION SIZES	<input type="checkbox"/>						
DRINK 3 LITERS OF WATER	<input type="checkbox"/>						
TAG ONE PERSON TO JOIN YOU	<input type="checkbox"/>						
SEND ENCOURAGING MESSAGE TO SOMEONE	<input type="checkbox"/>						
WRITE ONE JOURNAL ENTRY	<input type="checkbox"/>						

WEEKLY PROGRESS PHOTO:

WEEK 10

WEEK 11

"SUCCESS IS NO ACCIDENT. IT IS HARD WORK, PERSEVERANCE, LEARNING, STUDYING, SACRIFICE AND MOST OF ALL, LOVE OF WHAT YOU ARE DOING OR LEARNING TO DO."

— PELÉ

CONGRATULATIONS! YOU DID IT!

PLEASE REFER TO THE INTRO PAGE AND UPDATE YOUR ENDING WEIGHT, AND SHARE YOUR AMAZING ACCOMPLISHMENTS ON SOCIAL MEDIA TO ENCOURAGE OTHERS AND TAG @UNMASKEDCULTURE