































WW Kickstart Challenge

#WWKickstartChallenge | @ww_aunz



DAY 1 Download the challenge  Join our Kickstart Challenge and get excited for a month of wellness!	DAY 2 H2-whoah  Add some fresh mint and lemon to your water for some extra zing and flavour.	DAY 3 Boost your walk  Go for a 15 minute walk and add body weight moves like squats and push ups.	DAY 4 Google the menu  Eating out this week? Google the menu ahead of time.	DAY 5 Sleep tight  Try a new bedtime routine like reading a book or listening to music before bed.
DAY 6 Spring clean the fridge  Follow our simple guide to give your fridge a spritz and clean out.	DAY 7 Stretch it out  Take 15 minutes out of your day to try some deep stretches at home.	DAY 8 Refresh your pantry  Unsure where to start? Follow our simple process to refresh your pantry.	DAY 9 Plan an active catch up  Plan to catch up with a friend this week over a walk before coffee.	DAY 10 Try a new recipe  Choose a WW recipe you've never tried and enjoy the adventure.
DAY 11 Choose the stairs  Take the stairs today for an easy burst of high-intensity activity.	DAY 12 Build a ZeroPoint meal  Get creative using ZeroPoint foods to build a meal that you don't have to count.	DAY 13 Better together  Join WW together or invite a friend to WW and you both get a month free!	DAY 14 Overnight oats  Look forward to breakfast with our simple overnight oats recipes.	DAY 15 Kickstart guide  Looking for a midway motivation booster? Download the kickstart guide for your 2 week meal planner and walking plan.
DAY 16 Get stronger  Follow our simple strength building workout that you can do anywhere.	DAY 17 Try a tangelo  Try a seasonal spring ZeroPoint fruit that you've never tried before.	DAY 18 Be a master chef  Try one of Gary Mehigan's recipes from our new cookbook.	DAY 19 Attitude for gratitude  Find gratitude in your day, even in seemingly insignificant moments.	DAY 20 Make a healthy swap  Use the WW recipe builder to create a healthier version of your favourite recipe.
DAY 21 Try a snack box  Check out WW Ambassador Anna's snack boxes and make your fave.	DAY 22 Meatless Monday  Try your hand at mastering a new vegetarian or vegan dish.	DAY 23 Get inspired  Follow our social pages and find someone new to follow in Connect.	DAY 24 Grow your herbs  Add greenery to your home while reducing food waste with your own herb garden.	DAY 25 Try a group class  From fitness, art or cooking classes, try one you've always been curious about.
DAY 26 Scan it  Use the WW app food barcode scanner to shop and make the best choices.	DAY 27 3 minute meditation  Close your eyes, tune into your breathing - in and out - and clear your mind.	DAY 28 Eggs for breakie  Eggs are a good source of protein. Best of all you don't have to count them!	DAY 29 HIIT it at home  Try an interval workout at home without equipment.	DAY 30 Treat yourself!  Celebrate the end of the WW Kickstart Challenge!