

# OWN YOUR OFFSEASON Challenge

Use this guide to elevate yourself even during the offseason. All it takes is one day at a time to be your best self.

	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1	✓ Daily Checklist	Have 20 grams of protein at breakfast	✓ Daily Checklist	Spend 15 minutes stretching, foam rolling, or yoga	Gratitude Practice: Write down 5 things you're thankful for	Prepare 1 vegetable you haven't had in weeks, years, or ever!	✓ Daily Checklist
WEEK 2	Plan out at least 3 dinners to cook at home	✓ Daily Checklist	Spend 15 minutes stretching, foam rolling, or yoga	10 minutes of reading (or listening to) a personal growth book	Make a recovery smoothie	✓ Daily Checklist	Make a high-protein + high-fiber recovery snack
WEEK 3	Choose 1 room in your home to declutter	Prepare 1 vegetable you haven't had in weeks, years, or ever!	Make a recovery smoothie	✓ Daily Checklist	Have 20 grams of protein at breakfast	Spend 15 minutes stretching, foam rolling, or yoga	Gratitude Practice: Write down 5 things you're thankful for
WEEK 4	Plan out at least 3 dinners to cook at home	✓ Daily Checklist	Have 20 grams of protein at breakfast	Spend 15 minutes stretching, foam rolling, or yoga	✓ Daily Checklist	No screen time 1 hour before bed & aim for at least 7 hours sleep	Make a high-protein + high-fiber recovery snack
WEEK 5	✓ Daily Checklist	Spend 15 minutes stretching, foam rolling, or yoga	✓ Daily Checklist	Make a recovery smoothie	Make a high-protein + high-fiber recovery snack	Spend 15 minutes stretching, foam rolling, or yoga	✓ Daily Checklist
WEEK 6	No screen time 1 hour before bed & aim for at least 7 hours sleep	10 minutes of reading (or listening to) a personal growth book	Spend 15 minutes stretching, foam rolling, or yoga	✓ Daily Checklist	Have 20 grams of protein at breakfast	✓ Daily Checklist	Make a high-protein + high-fiber recovery snack

## DAILY CHECKLIST

- Eat 1 ounce (about 23) almonds
- Get a walk outdoors for at least 10 minutes
- Drink 1/2 your body weight in ounces of water

## RECOVERY SNACK

1 cup plain Greek yogurt  
1 ounce sliced or chopped almonds  
1 cup raspberries  
Drizzle of honey or small handful chocolate chips (optional)

## RECOVERY SMOOTHIE

1 cup unsweetened almond milk  
1 scoop protein powder or 1/2 cup of Greek yogurt  
1 cup frozen blueberries or cherries  
1 tablespoon almond butter  
2 handfuls leafy greens  
1 banana