

# 28 DAY LOCKDOWN CHALLENGE

CROSS THE BOX WHEN YOU'VE COMPLETED EACH OF THE BELOW:

Walk along any beach in bare feet	Do a UniActive Online class that you haven't done before	Perform silent meditation for 10min when you wake up and before you go to sleep today.	Go to the local oval / park and do 10 x 100m with a 100m walk
Complete the UniActive Workout of the Day	Hike to a summit Sublime Point, Brokers Nose or Mt Kembla	Don't look at or use social media for one day	100 burpees in 10min - try 10 x every minute on the minute
Run or walk for 5km	Write a letter to a friend and post it	Watch the Para - Olympics!	Take a picture of a tree/flower and try and re-draw it
Complete a 10km walk or run	Find a friend and join them in the UA Workout of the Day at outdoors or on zoom	Hold a Plank for as long as you can... and post your result!	Dance in the kitchen for 5 of your all time favourite songs - wine allowed :)
Find a hill and jog/walk up it 8 times	Make up your own 15min HIIT routine and share it with the group	Cook something you've never cooked before	Write down 3 of your best memories you can recall from your childhood - and share them with someone
Sit in a "green space" 10min. Focus on your senses - what do you smell, hear and see?	Build your fave workout playlist and share it with a friend	Video call a friend you haven't spoken to in a while	Start reading a book
<b>The 500 Challenge</b> 50 jumping jacks 50 squats 50 Curtsey lunges 50 ankle taps 50 russian twists 50 pushups 50 crunches 50 bicycle legs 50 alternate lunges 50 plank punches	Choose to do a 20min Yoga routine or do our online Yoga class	<b>Gratitude List</b> Make a list with at least 10 things that you are grateful for	Write down the 5 things you're missing most during lockdown - now plan for how you'll be doing those 5 things when lockdown ends!

Complete all challenges over 28 days in any order, on any day

**UNIACTIVE**