



ENERGY4LIFE CHALLENGE

Personal Training Plan

Getting started

Our energy levels dictate what we do and how well we do it.

Expectations at home and at work have never been higher and yet many of us wake up exhausted each day. Lack of energy is the number one health complaint in the UK. Most of us are trying to be as productive as possible, and we all know that our energy resources are what makes things happen – the problem is a lot of us are running on empty!

HOW THE CHALLENGE WORKS

It's very simple...

- We have given you 7 energy habits to follow each day.
- Each day, you collect one 'energy point' for each habit you follow that day. Over each week, you collect 'energy points' for your team.
- At the end of each week, report the total points that you have earned that week to your team manager. The team manager then registers your score and the team's score on the portal



Follow this plan and not only will you look better, you will also feel more alert and focused. You will have improved concentration levels, feel more energised and have a renewed zest for life.

