



100 Days of Summer CHALLENGE

**1 Simple Habit. 100 Days.
Forever changed!**

CREATED BY



Are you ready to take the Challenge?

The key to change is the creation of miniscule habits that don't require a any motivation. These will become behaviors that you do automatically and, before you know it, an integral part of who you are."

- Gretchen Gegg

Hi, my name is Gretchen and I am a recovering "getting ready for bikini season" addict.

In the past, once spring hit, I would start working out harder and more frequently to "look good" in my bathingsuit, punishing myself with physical activity when impossible standards weren't met! The lasting damage to my mental health is something I still work on.

It is no wonder that I am now a lifecoach and fitness educator with a passion for BODY FREEDOM and helping everyone understand that they are more than their body. Our bodies are tools to carry us through life and help us reach our goals & dreams! This doesn't mean we get to ignore our body's need for physical movement though. It means we are responsible for being good stewards of our physical self so that we can actually DO what we want to DO!

So how do we NOT worry about looking a certain way, but make sure we move our bodies enough to prevent disease?

In the 100 Days of Summer Challenge, you are asked to simply MOVE ANY AMOUNT for 100 days in a row. I am TOTALLY SERIOUS by the way. Don't want to get off the couch, but make the decision to walk outside and get the mail?? Count it!! Play at the park with kids instead of scrolling social media?? Count it!!

The whole point is to create a HABIT out of choosing movement and making it a lifestyle instead of something that is coated with toxins of punishment, self-loathing and disrespect.

Now, let's get down to business! In this PDF you will find 100 ideas with all kinds of links and other info that will help you stay motivated. You will also find a printable tracker chart and even a certificate for when you finish!!!

Before we begin, be sure to save an electronic copy of this document so that you can click on the embedded links. Now, time to get moving and get posting for accountability... READ ON!!

Taking it to the 'gram for 100 Days of Summer!

We are primarily running this challenge through Instagram Stories to help each other stay motivated and for accountability purposes. What to do: post a picture with your day marker (you don't have to post EVERY day) and tag @GretchenGegg - watch for it to show up on her story too!! Don't want to post? You don't have to at all! This challenge can be just for yourself. Here are some other "non-rules": don't put parameters on HOW active you or others need to be, don't try to make this about dieting or intensity, and don't worry about what other people think when they see you moving.

Here are some posting examples so you can see how to work it!! And don't forget to follow here: <https://www.instagram.com/gretchengegg/> for encouragement.



100 Ideas of Summer

- Get 12 FREE workouts that never go away and you can do ANYTIME: <https://www.gretchengegg.com/bodyfreedombootcamp>
- Dance to your favorite summer song!
- Play a little Coin Chaos outside: <https://youtu.be/Faof5AmA5fY>
- Wash the car by hand.
- Mow the lawn or do some weeding.
- Find a local track and take some laps!
- Use your "free trial" at a local yoga studio.
- Be a tourist in your own town for the day!
- Go berry/flower/herb picking.
- Add "Popcorn PE" to your movie day: <https://youtu.be/tLQT5e0dgyA>
- Volunteer at a local food pantry or recycling spot.
- Try an activity that you have never done before!
- Climb a tree.
- Nerf battle!
- Head over to an arcade for some throw-back Dance Dance Revolution or Skee-Ball action.
- Go bowling and really get into it!
- Play your favorite childhood yard game.
- Find a playground and enjoy it!
- Move your body to follow-along songs ("ChaCha Slide," "Cupid Shuffle," etc.)
- Turn a meeting into a walk.
- Stretch during your lunch break.
- Opt for the stairs!
- Take phone calls on foot!
- Stroll through a fair or festival.

- Go on a canoeing adventure!
- Go geocaching: <https://www.geocaching.com/play>
- Find a trampoline. Jump for awhile!
- Take the long way home when walking.
- Try a ropes course or rock climbing!
- Build some fairy houses with items you find outside.
- Play "keep it up" with a beach ball (see how long you can keep it from hitting the ground - play alone or with a group).
- Play an old-school game of freeze tag with a handful of other folks.
- Take a tae kwon do or karate class.
- Pick a card, any card: <https://youtu.be/OmtnOxYJfiQ>
- Walk through the entire supermarket - every aisle!
- Hike along a creek bed.
- Work while standing.
- Use a wind-up radio for your tunes and charger for a day!
- Take the dog on a longer walk than usual. No dog? Offer to dog sit and make a few bucks, too!
- Volunteer at a local event - you'll get moving, I promise.
- Go tent-camping (trust me, setting up a tent is movement!)
- Rainy day? Go puddle jumping!
- Put on a show as a scarf juggler: <https://youtu.be/5Nf745G7Fuc>
- Walk to your local library or little free library and find a new book!
- Move your body while you cook - dance, wiggle, stretch... you name it!
- Stuck inside? Rearrange the furniture.
- Volunteer as parade marshal.
- Clean out the basement/attic.
- Frolic in a field of flowers.
- Visit a historical site.

- Grab some binoculars and go bird watching! Learn more here: <https://www.youtube.com/watch?v=jg0QOYzoVz8>
- Try out a horseback riding lesson.
- Chase down the ice cream truck.
- Actually stand up and move around every time your smart watch tells you to do it. ;)
- Volunteer at a community garden or farm.
- Set up an obstacle course in your backyard.
- Practice for your appearance on The Price is Right and run a few stairs.
- Build some flat-pack (Ikea) furniture.
- Help college freshmen move into the dorms.
- Challenge a friend or family member to a foot race.
- Go to a water aerobics class.
- Go kayaking!
- Visit your local roller rink.
- Enjoy a day at an amusement park.
- Play on a slip-n-slide (take note: they are not as long as we thought they were when we were kids!)
- Create a garden of your own (maybe a small herb garden on a porch or commit to a raised-bed experience).
- Go on a seg-way tour.
- Have to go shopping all day? Park far away and get some extra steps in.
- Make a tie dye t-shirt outside (this is a "you're welcome" for no mess clean up and creates the opportunity for extra movement).
- Tour a winery or brewery.
- Do a cannonball into a body of water.
- Dust off the ol' gym membership and see what they have to offer.
- Hula Hoop!
- Babysit. Enough said.

- Grab some binoculars and go bird watching! Learn more here: <https://www.youtube.com/watch?v=jg0QOYzoVz8>
- Stretch as much as you can to dust your house.
- Help a local community theater build scenery.
- Volunteer for a beach or park cleanup.
- Invite some friends over to play in the sprinklers like when you were kids.
- Watch the sunset from somewhere high up.
- Go skinny dipping!
- Make pie from scratch.
- Visit art exhibits and botanical gardens and make your way through on foot.
- Join in with all those folks dancing at concerts!
- Big vacay plans? Factor in a "play day" at a unique park or beach.
- Rent a bike for the day.
- Play some Mountains vs. Bowls with friends: <https://youtu.be/RUiXOkE4jOI>
- Speed-vacuum.
- Take a brisk walk around the neighborhood!
- Two words: Water. Balloons.
- Try a Heads or Tails workout (great for any age!): <https://youtu.be/cqrrJrvcmV8>
- Go to a baseball game.
- Help out at the animal shelter for a day.
- Run or walk a 5K for a benefit you can get behind!
- Host a bonfire (maybe in a fire pit) party!
- Walk through a Farmer's Market.
- Learn a trending dance - no need to post it, but if you do, tag me!
- Volunteer at a summer camp for a day or two.
- Start your Body Freedom Fitness Studio Free Trial at <https://www.gretchengegg.com/bodyfreedomfitness>



Day 100

End of Summer Party

Hand out completion certificates (found on the next page - print as many copies as you need) and have one final dance party!

Thanks for having a GREAT TIME with us!

Show me a picture of your certificate by tagging

@GretchenGegg

on social media.

100 Days of Summer

TRACKING CHART

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100



YAY!

(Your Name)

HAS COMPLETED THE

**100 Days of
Summer
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Signature of Anyone Who is Super Excited for You!

Date of Completion