

Olympic 17-Day Challenge

Complete one activity each day during the Olympics, August 5-21.

Check off each activity as it is completed.

Stay hydrated
– refuel after
your workout

Give yourself a
‘gold medal’
for something
you did this
week

Read a book
about the
Olympics or
Brazil

Research the
Olympic record in
the men’s 5,000
meters – take a
walk for that
amount of time

Learn a few
words in
Portuguese

Try a new
food from a
different
country

Show gratitude
to someone
who helped you
achieve a
personal ‘win’

Build team
spirit by
cheering on a
co-worker

Set a timer
and take your
scheduled
breaks

Learn how the
marathon
originated

Create your own
workout trifecta –
choose a cardio,
flexibility, and
strength exercise

It’s the day
before race
date – cut out
all sugars
today

Find a quote
from a famous
athlete and use it
to motivate your
day

Try a new
sport or
activity

Stay limber
throughout
the day by
taking stretch
breaks

Add to your
personal
savings by
packing your
own lunch

Research the
dietary needs of
an Olympic
athlete and
compare them to
your own