

Week-1 Challenge



PREPARATORY WEEK



HFEN's NEW Healthy Lifestyle Challenge Programme CP-34

Week-1 Challenges | Monday, DAY-1



TASK#	TASK CHALLENGE	TASKS	IMPORTANT NOTE
1	MUST	You might have received an automated email with the login credentials for the HFEN's website www.hfen.uk. You must login as a "Challenger." Once you logged in to the website, you will be able to see the Challenger's Dashboard. Note: Please check all folders including SPAM for the email with login credentials.	Please update in the team Telegram group post completion of all tasks
2	MUST	Please save your Motivator and Head Motivator contact details in your phone. They are the ones you can reach out or any assistance. The details are available on your dashboard, they are also the ones marked as admin in your team telegram groups.	
ACTIVITY #	ACTIVITY CHALLENGE	ACTIVITY CHALLENGE	IMPORTANT NOTE
1	MUST	Eat healthy food of your choice (no naughty food/junk/sugary food) and post the pictures of all the meals/snack pictures on the team telegram group. Fill Daily My-Health Log before bed.	Active participation in the team telegram group is important. Complete all challenges and update in the Team Telegram group
2	MUST	Drink 3 litres of water through the day	
3	MUST	Must do 8000 steps per day. The steps include all those from the time you wake up till you go to bed. Please use a smart watch or pedometer to capture the steps	



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Week-1 Challenges | Tuesday, DAY-2



TASK#	TASK CHALLENGE	TASKS	IMPORTANT NOTE
1	MUST	Rename your telegram display name to your HFEN registered User Name. In your telegram app,click the three lines as shown in the image which opens up a small pane, showing Edit Name. Click on it to change the Display Name.	Please update in the team Telegram group post completion of all tasks
2	MUST	Join HFEN's CP34 Communications channel. Click on the link that will be shared in the telegram group.	
ACTIVITY #	ACTIVITY CHALLENGE	ACTIVITY CHALLENGE	IMPORTANT NOTE
1	MUST	Do Pranayama,start with 10mins and increase the time gradually everyday	Active participation in the team telegram group is important. Complete all challenges and update in the Team Telegram group
2	MUST	Eat healthy food of your choice (no naughty food/junk/sugary food) and post the pictures of all the meals/snack pictures on the team telegram group. Fill Daily My-Health Log before bed.	
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Week-1 Challenges | Wednesday, DAY-3



TASK#	TASK CHALLENGE	TASKS	IMPORTANT NOTE
1	MUST	The Medical History form is available on your Challenger dashboard after you login to www.hfen.uk with your login id and password. Please do fill all the details without fail.	Please update in the team Telegram group post completion of all tasks
2	MUST	Join HFEN's CP34 Closed Facebook Group by clicking on Join HFEN's CP34 Private Facebook Group button available on your challenger dashboard. Please note that the FB requests will be approved only when the questions are answered – Are you challenger of HFEN's CP33? If yes, please provide your team name? If you have sent request, without answering above membership questions, you may please resend the same.	
ACTIVITY #	ACTIVITY CHALLENGE	ACTIVITY CHALLENGE	IMPORTANT NOTE
1	MUST	Do Oil Pulling as you wake up. Please refer articles on Oil pulling posted in Facebook closed group/Communications channel.	Active participation in the team telegram group is important. Complete all challenges and update in the Team Telegram group
2	MUST	Do Pranayama, start with 10mins and increase the time gradually everyday	
3	MUST	Eat healthy food of your choice (no naughty food/junk/sugary food) and post the pictures of all the meals/snack pictures on the team telegram group. Fill Daily My-Health Log before bed.	
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Week-1 Challenges | Thursday, DAY-4



TASK#	TASK CHALLENGE	TASKS	IMPORTANT NOTE
1	MUST	The Measurement form is available on your Challenger dashboard after you login to www.hfen.uk with your login id and password. Please do take measurements and update the form at the earliest possible. The form will be available only till weekend, Sunday, 9th April. DO NOT MISS IT.	Please update in the team Telegram group post completion of all tasks
2	MUST	Please like HFEN Facebook Page: https://www.facebook.com/HealthFirstEverythingNext/HFEN and follow Instagram page https://www.instagram.com/hfen_charity?r=nametag . All important initiatives and announcements by HFEN will be updated there.	
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Week-1 Challenges | Friday, DAY-5



TASK#	TASK CHALLENGE	TASKS	IMPORTANT NOTE
1	MUST	<p>Have you joined HFEN Online Free Workout Sessions(OFWS) already? If not, time to join to enjoy the variety of workouts by our in-house trainers. Follow the below simple steps to join HFEN OFWS.</p> <p>1) Go to www.hfen.uk. Click on Register. Select Register for HFEN's Online Free Workout Session. Fill in the form with all details and submit.</p> <p>2) You will receive an email on your registered email id with login credentials to join HFEN OFWS dashboard. Use them to Login for HFEN OFWS.</p> <p>3) After logged in, you will find the button JOIN TELEGRAM GROUP on OFWS dashboard. Click and join the OFWS Telegram group and enjoy the variety of workouts.</p>	Please update in the team Telegram group post completion of all tasks
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Week-1 Challenges | **Saturday, DAY-6**



TASK#	TASK CHALLENGE	TASKS	IMPORTANT NOTE
1	MUST	You all are a part of HFEN Family now. Do join the HFEN Family Telegram group by clicking on the link that will be shared on your respective team telegram groups. The link will be active only for few days, so do join before it expires.	Please update in the team Telegram group post completion of all tasks
2	MUST	Eliminate everything that you see as distractions to reach your goal. 1) Did you uninstall all food delivery apps in your mobile? If not, do uninstall and confirm. 2) Keep snacks away from your accessibility 3) Clean your refrigerator and dispose off all unhealthy items.	
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Week-1 Challenges | **Sunday, DAY-7**



TASK#	TASK CHALLENGE	TASKS	IMPORTANT NOTE
1	MUST	Take a print of the Week-2 Challenge sheet shared and get ready for the Week 2 Challenges.	Please update in the team Telegram group post completion of all tasks
2	MUST	All pending tasks to be completed by end of the day to continue with the rest of the programme.	
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