

# Week 8 Checklist

## Move: Surviving the Workplace

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

\*Check the box for each day you got up and moved every 90 minutes while at work. As a Bonus add a + sign for days you added the stretching in our your routine.

## Lifestyle: Traveling University

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

\*Check the box for days you created a traveling university on your daily commute. Note the podcasts or books that made the biggest impact on your life.

## Nutrition: Glycemic Loading

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

\*Check the box on days you were able to time your carb intake and keep your insulin spike low. Takes notes on how you felt during and after training.