



The Challenge: 11 Habits for 11 Days

1. 11-Minute Walk

- Walk indoors or outside.
- If it's cold, bundle up and go outdoors; facing adversity strengthens resilience.

2. 11 Push-Ups

- Modify with knee or wall push-ups if needed.
- Try incorporating these into your walk using guardrails, benches, or the ground.

3. 11 Squats

- Perform anywhere—indoors or outside on your walk.

4. 11 Lunges

- Perform 11 lunges per leg. Indoors or on your walk is fine.

5. 11 Sit-Ups

- Option: Standing sit-ups by bringing alternating knees to elbows (11 per side).

6. 11 Jumping Jacks

- Step-outs are a great modification. Perform indoors or outdoors.

7. Journal for 11 Days

- Write a minimum of one sentence daily.
- Start with gratitude by noting something you're thankful for.

8. 88 Ounces of Water

- Drink 11 (8-ounce) glasses of water daily.

9. 11 Healthy Meals

- Have at least one MelFit-approved meal per day.
- MelFit is gluten-free, dairy-free, and free of processed sugar.
- Join our MelFit Connect Facebook Group or use the MelFit App (7-day free trial) for recipes.

10. 11 Minutes in Silence

- Meditate, pray, or spend time with your thoughts.
- Use this time to journal if it feels right. Set a timer to ensure uninterrupted focus.

11. Read 11 Pages

- Read from a real book or Kindle (no audiobooks).



11 Day Challenge

Checklist for Success
Use this checklist to stay on track each day

DAY 1

- 11-Minute Walk
- 11-Push Ups
- 11-Squats
- 11-Lunges
- 11-Sit Ups
- 11-Jumping Jacks
- Journal
- 88 Oz Of Water
- Healthy Meal
- 11-Minute of Silence
- 11-Pages Of Reading

DAY 2

- 11-Minute Walk
- 11-Push Ups
- 11-Squats
- 11-Lunges
- 11-Sit Ups
- 11-Jumping Jacks
- Journal
- 88 Oz Of Water
- Healthy Meal
- 11-Minute of Silence
- 11-Pages Of Reading

DAY 3

- 11-Minute Walk
- 11-Push Ups
- 11-Squats
- 11-Lunges
- 11-Sit Ups
- 11-Jumping Jacks
- Journal
- 88 Oz Of Water
- Healthy Meal
- 11-Minute of Silence
- 11-Pages Of Reading

DAY 4

- 11-Minute Walk
- 11-Push Ups
- 11-Squats
- 11-Lunges
- 11-Sit Ups
- 11-Jumping Jacks
- Journal
- 88 Oz Of Water
- Healthy Meal
- 11-Minute of Silence
- 11-Pages Of Reading

DAY 5

- 11-Minute Walk
- 11-Push Ups
- 11-Squats
- 11-Lunges
- 11-Sit Ups
- 11-Jumping Jacks
- Journal
- 88 Oz Of Water
- Healthy Meal
- 11-Minute of Silence
- 11-Pages Of Reading

DAY 6

- 11-Minute Walk
- 11-Push Ups
- 11-Squats
- 11-Lunges
- 11-Sit Ups
- 11-Jumping Jacks
- Journal
- 88 Oz Of Water
- Healthy Meal
- 11-Minute of Silence
- 11-Pages Of Reading

DAY 7

- 11-Minute Walk
- 11-Push Ups
- 11-Squats
- 11-Lunges
- 11-Sit Ups
- 11-Jumping Jacks
- Journal
- 88 Oz Of Water
- Healthy Meal
- 11-Minute of Silence
- 11-Pages Of Reading

DAY 8

- 11-Minute Walk
- 11-Push Ups
- 11-Squats
- 11-Lunges
- 11-Sit Ups
- 11-Jumping Jacks
- Journal
- 88 Oz Of Water
- Healthy Meal
- 11-Minute of Silence
- 11-Pages Of Reading

DAY 9

- 11-Minute Walk
- 11-Push Ups
- 11-Squats
- 11-Lunges
- 11-Sit Ups
- 11-Jumping Jacks
- Journal
- 88 Oz Of Water
- Healthy Meal
- 11-Minute of Silence
- 11-Pages Of Reading

DAY 10

- 11-Minute Walk
- 11-Push Ups
- 11-Squats
- 11-Lunges
- 11-Sit Ups
- 11-Jumping Jacks
- Journal
- 88 Oz Of Water
- Healthy Meal
- 11-Minute of Silence
- 11-Pages Of Reading

DAY 11

- 11-Minute Walk
- 11-Push Ups
- 11-Squats
- 11-Lunges
- 11-Sit Ups
- 11-Jumping Jacks
- Journal
- 88 Oz Of Water
- Healthy Meal
- 11-Minute of Silence
- 11-Pages Of Reading

Sign Up For The MelFit 12 Week Bootcamp

Thank you for joining the MelFit 11-Day Challenge! We're so excited to support you on this journey and can't wait to hear about your results.

This is not a weight-loss challenge—it's about transformation, self-confidence, and mindset. However, expect to see positive changes in your body and outlook.

Cheers to making this your best year ever. Nothing can stop you!

My mission: "To empower you to build self-confidence and achieve all your dreams."

Let's do this together!