

Diet: Go Local #2

Strive to obtain an estimated two-thirds of your calories from local sources. Shop at the right places, eliminate processed products, and try to identify the source of everything that enters your mouth today. Keep an eye toward local in the future and see if you can maintain a high percentage of caloric intake from local sources.

Diet: I.F. Alert

Heads up, tomorrow your challenge will be to Intermittent Fast from tonight's dinner to as long as you can comfortably last without eating tomorrow.

DAY 19

Exercise: Sprint Workout

Step up the intensity to between 90-100 percent of maximum effort. Go all-out if you have the experience and are structurally sound enough to handle it.

Lifestyle: Mini Play Breaks

Take three spontaneous play breaks lasting 5-15 minutes today. Get up from your desk or out of your car and exercise your free spirit. Find a kid, animal, or co-worker and toss a ball, kick a can, or climb a fence. Look around and notice how possibilities abound – even in the drabest of office parks or the most crowded airports!