

- 1** I start the year with *LeBootCamp* 
- 2** I always start my day with a **freshly squeezed lemon** and if I'm travelling, I take one with me #NoExcuse 
- 3** I follow my lemon with a cup of **Sobacha®** and a tea of my choice to start the day well hydrated 
- 4** I aim to drink **12 glasses** of **unsweetened** water/tea per day 
- 5** I accumulate **10,000 steps per day**, and raise my daily minimum to 12,000 
- 6** I fill in my **LeBootCamp blog** at least 5 times a week 
- 7** I invite someone to go walking with me **once a week** 
- 8** I **prepare my menus in advance** so that I'm not stuck having to grab fast-food on the go 
- 9** I **stock my pantry and fridge with enough healthy basics** so that I don't have to resort to unhealthy options: gluten-free crackers, hummus, coconut milk, roasted buckwheat, etc. 
- 10** I prepare my gym stuff the night before so that I have **no excuses not to move** 
- 11** I do 5 "**25th Hour**" exercises **every day** 
- 12** I do 2 "**Optimum**" and 3 "**Medium**" sessions from **LeBodyChallenge** every week 
- 13** When I'm crazy busy, I go for at least a "**Minimum**" **LeBodyChallenge** session 
- 14** I refuse to go to bed without toning up at **least one body zone** for at least **5 minutes** 
- 15** I try **one new food every week**: an exotic or locally produced grain, a new spice, etc. 
- 16** I set **one new challenge for my family every week**: for example, we have to eat 100 different plant-based products in 7 days (hey, it's not that hard - even spices count!). Fun challenges like these are an ideal way to motivate your family to eat healthy. 
- 17** I buy **new sports gear** to reward my fitness efforts 
- 18** I follow my coach **Valérie Orsoni** on social networks (Facebook / Instagram / Twitter) so that I don't miss **latest weight loss and wellness tips** 
- 19** I **share** my successes on **social networks** to give myself more chances to be motivated by my friends 
- 20** When I feel like I'm slipping up, I **talk to my LeBootCamp coach**. I remind myself that I'm **not alone** in my fight against the excess weight and that old habits die hard! 
- 21** I do my daily **30-minute walk in the morning** to avoid getting stuck later in the day without time to fit it in 
- 22** I prepare **smart snacks in advance** so that I'm not left starving and resort to junk (a pouch of raw almonds, freshly cut veggies + hummus, turkey jerky) 
- 23** I do **yoga at least 3 times a week** (ideally, aim for 15 minutes per day) 
- 24** I end all my workouts with **10 minutes of stretching** 

- 25 I take care of myself and do a full **body exfoliation** once a week (coarse salt + sweet almond oil does the job)
- 26 I **moisturize** my body every morning or evening after my shower
- 27 I'm learning to **meditate** at least 5 minutes a day.
- 28 I **choose a mantra** to live by, like "I am the creator of my happiness" or "I am slim, fit and healthy"...yours to create!
- 29 I try **one new recipe a week**
- 30 For one full morning over the weekend, I **don't use** my phone, iPad or computer. I enjoy a good book, chat with my family or go for a walk without any gadgets.
- 31 After a few months, I spend a full day every month in **offline mode!**
- 32 One day a week, I **don't read the news**
- 33 I **deactivate news alerts** on my phone
- 34 I make my own **fresh fruit and vegetable juices and smoothies**. Goodbye processed drinks!
- 35 I **use anti-social network tools** like Freedom that allow me to block access and alerts to certain sites for a while so that I can relax and/or be more productive
- 36 I spend one day a week **without posting** on Instagram or Snapchat
- 37 I **unplug at least 1 hour before bedtime** and completely turn off all my electronic devices (computer, phone, Tablet, etc.) to **improve the quality of my sleep**
- 38 I spend an **evening with friends** at least every two weeks
- 39 I try a **new fitness activity** once a month to **challenge myself physically**
- 40 I set wild **goals for myself** once in a while, like: 30, 000 steps in one day, 200 squats, 1000 glute contractions
- 41 I choose a **brain stimulating activity** like Sudoku and do it at least 3 times a week
- 42 I **smile** at 5 strangers on the street (and enjoy their smiles in response, it releases endorphins!)
- 43 I choose one of my weaknesses (i.e. poor communication, easily irritable, difficulty expressing emotion, low motivation, etc.) and **set a plan in action to reduce the impact of this weakness** in my everyday life
- 44 I **find a quote that speaks to me**, print it out and tack it up everywhere so that it is visible to me all the time.
- 45 I **read more**: borrow a book from the library or a friend to limit the environmental impact of buying new books
- 46 I take care to **lighten my impact on nature**: less plastic bags, I recycle, I turn off unnecessary lights, I don't waste food, I don't waste water
- 47 I plant herbs in my kitchen, and if I have a garden, I **grow vegetables or fruits that I love**
- 48 I **teach my children how to cook**
- 49 I learn how to make **basic foods** which I would typically buy: bread, mustard, ketchup, mayonnaise, etc.
- 50 I **make efforts to better flatter my figure**: choose clothes that fit and suit me nicely, more cheerful colors, I recycle, sell or give away what doesn't work for me
- 51 I **do a good deed for the universe** by participating in a charity or volunteering for a meaningful cause. Helping others brings you joy!
- 52 I mercilessly **eliminate energy vampires**: I block them on social networks, my email and my phone...
- 53 I **remind myself that my life is beautiful and that there's always someone out there who is less fortunate than me.**