

# FEAT SWEAT BLOG

10 FOOD FEATS

20 WORKOUTS

TRACK IT ALL

THE **SOCIAL**  
**WORKOUT**.COM

# FALL CHALLENGE

OCTOBER 1-31, 2009

feed your body at [socialworkout.com](http://socialworkout.com)

# EAT. SWEAT. BLOG.

**YOU:** WORK OUT 20 DAYS.  
ACHIEVE 10 HEALTHY FOOD FEATS FROM LIST BELOW.  
BLOG YOUR EXPERIENCE.

**WE:** SUPPLY THE PEER PRESSURE. AND THE PRIZES.

## FOOD FEATS

### MONTH.

**GO VEGGIE:** It's harvest time!

**GO VEGAN:** Wow your lefty friends.

**ON THE WAGON:** No alcohol. No hangovers.

**FAST FOODLESS:** No fast food. No downside.

**THE KITCHEN CURE:** Purge your kitchen @ [thekitchn.com](http://thekitchn.com)

**NO LATE NIGHT SNACKING:** Nothing after 9 P.M. Sweet dreams.

**SODA FREE:** Just say no.

- feat accompli!
- feat accompli!
- feat accompli!
- feat accompli!
- feat accompli!
- feat accompli!
- feat accompli!

### WEEK.

**UNSWEETENED:** No added sugars. You'll be sweeter.

**JUST WATER:** Drink like the gods. Only agua.

**NO-MOO:** Non dairy. Stop being so cheezy.

**FLOG:** Keep a daily food log. You'll be surprised.

**LO-GLOO:** Go gluten free. Bye-bye to wheat, barley & rye.

**CAFFEINE FREE:** Break the habit.

- feat accompli!
- feat accompli!
- feat accompli!
- feat accompli!
- feat accompli!
- feat accompli!

### DAY.

**LOCALVORE:** Everything local. It's the future.

**FOOD SERVING:** Share the love. Do one shift with City Harvest.

**BRIGHTLY COLORED:** Get artsy. Three bright colors on every plate.

**RAW FOOD DAY:** Channel your inner hunter-gatherer.

**JUICE FAST:** Eat less. Drink more.

- feat accompli!
- feat accompli!
- feat accompli!
- feat accompli!
- feat accompli!

### ANY TEN DAYS.

**SW-E-AT:** We'll post a daily food-exercise pairing. Eat one, do the other, and tell us about it. 10 times.

**PERSONAL CHEF:** Cook dinner 10 times. Invite friends.

**SMOOTHIEST:** Make 10 smoothies, on 10 days. Weirder the better.

**BROWN BAGGER:** Cool kids bring their lunch to work. 10 times.

- feat accompli!
- feat accompli!
- feat accompli!
- feat accompli!

**TOTAL NUMBER OF FEATS COMPLETED:**



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