

# 3-2-1 CHALLENGE



## The Challenge:

The 3-2-1 Challenge is the perfect way to stay consistent with the habits that help you feel your best – without overwhelm or perfection.

This members-only challenge takes place **September 1–30** right inside the [Lindywell app](#).

It's simple, sustainable, and designed to support your body and mind through the changing season.

## Here's how it works:

Each week, aim for at least:

- ✓ 3 Pilates workouts
- ✓ 2 walks (any pace, any place!)
- ✓ 1 recipe from the app

That's it. No pressure. Just progress.

Whether you're getting back into a routine after summer or want to deepen your current habits, this is the perfect way to stay grounded, energized, and make progress toward your goals by the end of the month.

## Share your progress with the community:

Share updates and get support by posting in our members-only Facebook group. We're here to cheer you on every step of the way!



**Join the Lindywell Members-Only Facebook Group**



**Connect with Lindywell on Instagram**

## How to track your progress:



### Track 3 workouts

Simply mark them as complete to receive your checkmark under the "My Activity" in the calendar tab of your app.



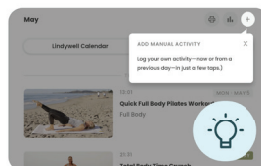
### Track 2 walks

Tap/click the + under "My Activity" and add the manual activity of your walk (noting the duration is optional!).



### Track 1 recipe

You can add a recipe activity manually by tapping/clicking the + under "My Activity" and write "Made Recipe" or the title of your recipe and save.



**App Tip:** Tracking manual activities is easy! Tap/click the + under "My Activity" to add the activity

**Note:** Tracking everything is not required to participate in the challenge, you pick what motivates you and helps you.

**OPEN MY APP**