

**21  
DAYS**

# 100 INCHWORM CHALLENGE

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**A HEALTHY OUTSIDE, STARTS FROM  
HEALTHY INSIDE**

# 21 DAYS 100 INCHWORM CHALLENGE

## DISCLAIMER

The information provided in this manual is intended to promote general health improvement through healthy eating, being active and mental well being by focusing on building long lasting healthy habits. Please note that : it is not intended as medical advice, and should not be used to diagnose, treat, cure or prevent any medical conditions. These guidelines were not created to suit any nutrient deficiencies, sensitivities, allergies or any other food related health problems or concerns.

Every individual is unique and will have their own specific needs and the information and recommendations contained in this guide are designed as a set of "generic guidelines" only. This manual does not consider any person's specific objectives, situations or individual requirements.

Kindly note that, please avoid exercise if you had any surgery in the past or suffer from any injury which may aggravate the pain or you have DR or recently had delivery. It is strongly recommended that you should consult with your physician or therapist before starting any exercise program. By engaging in this or exercise program, you agree that you do so at your own risk.

# 21 DAYS 100 INCHWORM CHALLENGE

## INTRODUCTION

### **What is 21 days Inchworm Challenge?**

- For 21 days on regular basis, you will learn to eat healthy and incorporate daily inchworm practice, guided meditation and learn about healthy living.

### **Program benefits**

- Through Right Nutrition : Reduce weight, inflammation, bloating , better metabolism, energy level, improved immunity.
- Through Exercise : Improve strength, mobility, endurance and flexibility
- Through Daily Practice & Mindfulness: Improve mood, better sleep and overall mental well being.
- Through Community Engagement: receive support, meet like minded, coach guidance, make connections, daily dose of motivation.

# 21 DAYS 100 INCHWORM CHALLENGE

## INTRODUCTION

### **INCHWORM benefits**

- The inchworm offers a whole host of benefits, namely strengthening the core, shoulders, back and chest, whilst simultaneously stretching out the hamstrings and calves.
- Full Body Stretch
- Improve Posture
- Hamstring Flexibility
- Core Strength
- No Equipment Required
- Arm Strength
- Cardio Fitness
- Improved Circulation

# 21 DAYS 100 INCHWORM CHALLENGE

## GUIDELINES

### **BALANCED NUTRITION**

Eat well balanced meal consists of protein source, complex carbohydrates, good fat and with lots of vegetables.

### **REDUCE/AVOID**

Avoid junk, processed and sugary foods, they tend to cause bloating, inflammation, water retention or may make you feel sluggish, reduce your metabolism and have many side effects in long run.

### **HYDRATE**

Drink a minimum of 2-3L of water each day. Keep a bottle to measure daily intake.

### **FOCUS**

Begin each day with a daily practice of mindfulness. This includes 5 minutes of meditation, journaling, reading or breath work.

### **SLEEP**

Give importance to your sleep because it plays an important role in building your overall health.

### **SHARE**

Share your daily journey and connect with an amazing community. Join the [Faceboook group](#) for support & share your daily progress on Instagram with [#healthywithaparna](#)

# 21 DAYS 100 INCHWORM CHALLENGE

## PILLARS FOR GOOD HEALTH



Wake up early



Practice body scan meditation, before going to bed & sleep well.



Balanced meal with protein & veggies.  
Focus more on nutrition than just a taste.



Exercise 5 times a week & stay active on your rest days too.



Stay hydrated, drink 3 lit of water and add tender coconut water at least 2 times a week.



Be grateful & thankful for what you have.

# 21 DAYS 100 INCHWORM CHALLENGE

## NUTRITION

We need to eat different types of food everyday. A balanced diet contains all the nutrients in the correct amounts to meet an individual's nutrition needs.

### VARIETY

A balanced diet contains different types of food from different sources, includes cereals, vegetables, fruits, meat, eggs & dairy.



### MODERATION

Portion control doesn't mean eating too less or too much, it means eating as per our body needs.



### BALANCE

We should eat as per our body needs. We should balance our food intake with our daily activities.



# 21 DAYS 100 INCHWORM CHALLENGE

## FOODS TO AVOID/REDUCE

- Try to avoid foods which are high in Trans-fat, refined sugar, highly processed because they can cause many Health problems in long run.
- Some time indulgence is fine but adding these foods on regular basis can leads to lot of Health problems in future.
  - Sugary cereals
  - Margarine sticks
  - Junk food
  - Processed foods
  - Canned/Packed foods
  - Carbonated Drinks





# 21 DAYS 100 INCHWORM CHALLENGE

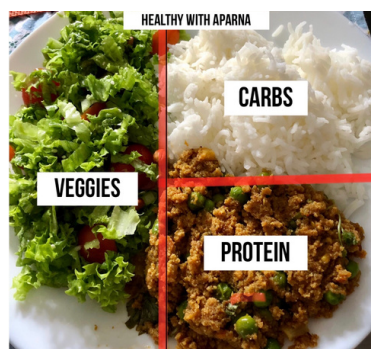
## HEALTHY PLATE

My Healthy Plate is a friendly, easy-to-understand visual guide for creating balanced and healthy meals.

You can view full video : <https://youtu.be/wwclTnb-a8M>



- Add protein in every meal, common sources of proteins are soy, tofu, edamame, chicken breast, eggs, panner.



- Look for filling your half plate with vegetables and rest half with protein and complex carbohydrates.
- Sources of complex carbohydrates are : multigrain flour, rolled oats, broken wheat.

# 21 DAYS 100 INCHWORM CHALLENGE

## SOURCE OF CARBOHYDRATES

- Wheat flour
- Besan
- Rolled Oats
- Buckwheat(kutu)
- Sooji
- Rajgira flour
- Ragi flour
- Sattu
- Wheat Bread
- Brown Rice
- Sabudana
- White rice
- Brown rice
- Soy flour
- Wheat pasta/spaghetti



# 21 DAYS 100 INCHWORM CHALLENGE

## SOURCE OF PROTEIN

When it comes to Veg source of protein : Soy & paneer contain good amount of protein

When it comes to Non-veg source of protein : Chicken & Eggs are best.

Apart from those mentioned above, Lentils & Legumes also contain protein, apart from carbohydrates.

- Chana dal
- Kulthi dal (Horse gram)
- Masoor dal
- Urad dal
- Moong dal
- Toor dal
- Chickpeas
- Red Kidney beans
- Pinto beans
- Black beans
- Black-eyed peas
- Soy beans
- Navy beans

# 21 DAYS 100 INCHWORM CHALLENGE

## TIPS TO MAINTAIN HEALTHY EATING

- Replace soft drinks, packed fruit juices and sports drinks that are loaded with sugar with water or fresh fruit juices.
- Choose a variety of foods from all the different food groups - fruits and veggies, grains, including whole grains, protein, and dairy.
- Keep healthy foods handy such as nuts, nut butter, fruits, dates, dark chocolate.
- Eat when you're hungry. If you're tempted to eat because you're bored, that's your mind telling you to find something else to do.
- Eat a healthy breakfast every day.
- Don't eat meals or snacks while watching TV because you'll probably end up eating more than you intend to.
- Pay attention to portion sizes. If a portion is large, cut it in half.



# 21 DAYS 100 INCHWORM CHALLENGE

## WATER IS IMPORTANT

Our body is mostly water and water plays an important role in nutrient absorption, hydrating our body, maintaining proper fluid balance and many more. Dehydration and less water consumption can lead to many health problems.

You can view full video : <https://youtu.be/InKHXY-81Ak>



Try to drink 3-4 litre of water everyday.  
For these 21 days , measure it and keep water bottle every where, so that you don't miss it.  
Also try to finish your daily goal of water intake by 6 pm



# 21 DAYS 100 INCHWORM CHALLENGE

## DIET PLAN (VEG)

### MONDAY

#### BREAKFAST

Moong daal chilla- 2  
Chilla stuffed with  
( 80g paneer+  
veggies of choice) + 1  
banana

#### LUNCH

150g veggies + 1 bowl  
soya chunks veggie + 1  
bowl curd + 2 roti or 1  
bowl rice

#### DINNER

1 bowl Dal +  
Veggies (150g cooked)+  
2 roti

### TUESDAY

#### BREAKFAST

Besan chilla -80g  
besan with 50g Paneer  
stuffing + 1 Apple

#### LUNCH

Rajma/ Black eyed  
peas(150g boiled) + 1 roti  
+ curd + 150g veggies

#### DINNER

150g veggies + 100 g grilled  
tofu + daliya (100g cooked)

### WEDNESDAY

#### BREAKFAST

Oats vegetable  
upma - 1 bowl  
+ 1 Banana

#### LUNCH

30g soya chunks+ 150g  
any veggie + salad + 100g  
Curd + 2 roti

#### DINNER

Cauliflower fried rice / Dal  
kichdi (150g total) + 150 g  
Curd

### THURSDAY

#### BREAKFAST

4 idlis + chutney +  
sambhar  
+  
1 cube Cheese

#### LUNCH

Dal (150g cooked) +  
Veggies (150g cooked)+ 1  
roti+ 150 g curd

#### DINNER

Paneer(100g) +  
Veggies/Salad(150g)+  
rice 1 bowl

### FRIDAY

#### BREAKFAST

Oats upma (50 g) with  
veggies  
+  
1 any fruit

#### LUNCH

Rajma/ Chole(150g boiled)  
+ 1 roti + curd +  
veggies(150g cooked)

#### DINNER

30g soya chunks+ 150g  
any veggie + salad + 100g  
Curd + 2 roti

### SATURDAY

#### BREAKFAST

Poha - 200g (with 10g  
soy chunks)-add  
veggies  
+ 1 cube cheese

#### LUNCH

Daliya (100 g cooked) with  
veggies + 150g Tofu

#### DINNER

150g veggies +  
Khichdi(daal+rice)  
(200g cooked)

Please note : Use only one **teaspoon** of oil while cooking any food & add 1 spoon Isabgol post lunch.

# 21 DAYS 100 INCHWORM CHALLENGE

## DIET PLAN (NON-VEG)

### MONDAY

#### BREAKFAST

1 full eggs+ 2 egg whites+ 1slice bread + 1 banana + 1 spoon seeds (As per seed cycling)

#### LUNCH

Chicken gravy (150g) + Veggies (150g cooked)+ 1 roti+ 150 g curd

#### DINNER

150g veggies + 150g chickpeas gravy + rice (70g cooked)

### TUESDAY

#### BREAKFAST

Besan chilla -80g besan with 50g Paneer stuffing + 1 Apple + 1 spoon seeds (As per seed cycling)

#### LUNCH

Rajma/ Black eyed peas(150g boiled) + 1 roti + curd + 150g veggies

#### DINNER

150g veggies + 100 g grilled tofu + daliya (100g cooked)

### WEDNESDAY

#### BREAKFAST

1 full eggs+ 2 egg whites+ 1slice bread + 1 Banana + 1 spoon seeds (As per seed cycling)

#### LUNCH

30g soya chunks+ 150g any veggie + salad + 100g Curd + 2 roti

#### DINNER

Cauliflower fried rice / Dal kichdi (150g total) + 150 g Curd

### THURSDAY

#### BREAKFAST

4 idlis + chutney + sambhar + 1 cube Cheese

#### LUNCH

Dal (150g cooked) + Veggies (150g cooked)+ 1 roti+ 150 g curd

#### DINNER

150 g veggies + 150 gram Chicken + 2 whole wheat roti

### FRIDAY

#### BREAKFAST

Oats upma (50 g) with veggies + 1 any fruit

#### LUNCH

2 full eggs + 1 egg white + 150 g Veggies + 120 g pasta

#### DINNER

Any veggie 100g + rice(60g cooked) + Chicken curry(150g)

### SATURDAY

#### BREAKFAST

Poha – 200g (with 10g soy chunks)-add veggies + 1 cube cheese

#### LUNCH

Daliya (100 g cooked) with veggies + 150g Tofu

#### DINNER

150g veggies + 2 full egg curry + Rice (70g cooked)

Please note : Use only one **teaspoon** of oil while cooking any food & add 1 spoon Isabgol post lunch.

# 21 DAYS 100 INCHWORM CHALLENGE

## TIPS TO STAY HEALTHY

- 1 Aim for variety & balance.
- 2 Have protein in every meal (eggs, paneer, chicken, soy, curd)
- 3 Eat fruits & vegetables.
- 4 Have 3-4 litre of water everyday.
- 5 Exercise at least 30 minutes a day.
- 6 Practice guided meditation daily.

Take care of your body, its the only place  
where you have to live in.



# 21 DAYS 100 INCHWORM CHALLENGE

## MORNING AFFIRMATIONS

- Today is the day of happiness and peace.
- I make plans but I remain flexible and open to the surprises life has in store for me.
- A small progress is also a progress.
- I cultivate patience and by doing so I also cultivate self-confidence.
- I welcomed the opportunity to step outside my comfort zone and not guided by my fear.
- I give everywhere I go even if it's a smile, compliment or my full attention. Listening is one of the best gift you can give around to people.
- A little progress each day adds up to big results.
- I am going to drink water, eat vegetables and fruits, take stairs, walk, exercise, today I am giving love to my body.

# 21 DAYS 100 INCHWORM CHALLENGE



## DAY 1

24 Inchworm  
3 sets 8 reps

## DAY 2

30 Inchworm  
3 sets 10 reps

## DAY 3

32 Inchworm  
4 sets 8 reps

## DAY 4

40 Inchworm  
4 sets 10 reps

## DAY 5



REST DAY

## DAY 6

50 Inchworm  
5 sets 10 reps

## DAY 7

40 Inchworm  
4 sets 10 reps

## DAY 8

48 Inchworm  
6 sets 8 reps

## DAY 9

50 Inchworm  
5 sets 10 reps

## DAY 10

40 Inchworm  
4 sets 10 reps

## DAY 11



REST DAY

## DAY 12

60 Inchworm  
6 sets 10 reps

## DAY 13

64 Inchworm  
8 sets 8 reps

## DAY 14

70 Inchworm  
7 sets 10 reps

## DAY 15

64 Inchworm  
8 sets 8 reps

## DAY 16

80 Inchworm  
8 sets 10 reps

## DAY 17



REST DAY

## DAY 18

80 Inchworm  
10 sets 8 reps

## DAY 19

72 Inchworm  
9 sets 8 reps

## DAY 20

90 Inchworm  
9 sets 10 reps



## DAY 21

100 Inchworm  
10 sets 10 reps



[How to do an Inchworm Exercise](#)

# 21 DAYS 100 INCHWORM CHALLENGE

## GET IN TOUCH

If you need personalised help and guidance, feel free to get in touch with me. I would be very happy to help.



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**STAY HEALTHY | STAY HAPPY**