



MARTIAL ARTS

## NINJA STAR CHALLENGE

*GAIN HABITS FOR A HEALTHY LIFE!  
TRAIN LIKE A BLACK BELT!  
EARN NINJA STARS!*

### \*TIPS FOR COMPLETION\*

THE CHALLENGE IS ABOUT BUILDING HABITS. DO THEM AS OFTEN AS APPROPRIATE FOR IMPROVING YOURSELF.

ADJUST THE EXERCISES BASED ON YOUR OWN FITNESS LEVEL.

BRAG ABOUT YOUR NINJA STAR TOTAL AT ANDREWLEMAT.COM  
(I LOVE HEARING ABOUT SUCCESS)

*With Respect,*

*Master Andrew LeMat*

### BEGINNING NINJA CHALLENGES

- +5 Stars – You just earned 5 Ninja Stars for starting these challenges and believing in yourself!
- +5 Stars – Enter your name, date, and write "I pledge to live a healthy lifestyle" in the logbook
- +5 Stars – Fill out the Health Pledge Card, and put it on your wall or fridge  
(photograph the one attached, or print one from AndrewLeMat.com)
- +5 Stars – Start a personal log, listing how many ninja stars you've earned, and why  
(Every day that you add notes in your log, you get 5 more stars)

### PHYSICAL NINJA CHALLENGES

- +? stars – Do as many pushups as you can in 30 seconds (+2 stars per pushup)  
Repeat this challenge up to 3 times within a half hour for more stars, every day!
- +? stars – Do as many sit-ups as you can in 30 seconds (+2 stars per sit-up)  
Repeat this challenge up to 3 times within a half hour for more stars, every day!
- +? stars – Do as many leg-throws as you can in 30 seconds (+2 stars per pushup)  
Repeat this challenge up to 3 times within a half hour for more stars every day!
- +20 stars – No Soda Saturdays (that includes juice) Earn these stars every Saturday! DRINK WATER!
- +20 stars – Daily Sugar allowance of 16 grams or under For The Day. Earn more stars each day!
- +100 stars – Hike from this ninja stash to another one. Follow the trail shown on the attached map
- +100 stars – Jog or run for more than half of your hike (make sure to bring water)

### MENTAL NINJA CHALLENGES

- +10 stars – Post 5 things that you are improving at, on a social site (or refrigerator)
- +15 stars – Say "I FEEL GREAT!" (3 times a day for 5 days in a row)
- +15 stars – Say "I commit to living a healthy & balanced lifestyle"(Say 3x for 5 days in a row)
- +15 stars – Say "I am strong and active"(Say 3x for 5 days in a row)
- +15 stars – Say "I love fruits and vegetables"(Say 3x for 5 days in a row)
- +15 stars – Say "I am healthy and strong"(Say 3x for 5 days in a row)
- +10 stars – Challenge and Motivate someone else to join any of these challenges with you  
(earn more stars for each person who joins you)
- +50 stars – Reflection – Write down how you feel, how you have improved, and what changes to your lifestyle make you healthier
- +50 stars – post about your challenges and success on a Social Site and/or Refrigerator
- +50 stars – post your current Ninja Star Total for this Ninja Cache, on AndrewLeMat.com
- + ? stars – Repeat some or all of these physical and mental challenges later this week. Do them at home or anywhere, to earn more stars, and build lifelong habits for health and strength!