

Kim's TKD 100 and 50 Club

**Thanks for signing up. You won't regret it.
I hope you're ready for a challenge and you are committed.**

Objective: Change my physique in 2012 by doing 100,000 sit ups and 50,000 push ups.

Process:

1. Jan 1, 2012, take a front, side, and back photo of yourself standing in only your underwear. File this away as your private property.
2. Tell yourself daily "I'm going to change myself this year"
3. Select the same area in your house for the sit ups and push ups
4. If you travel, be sure to do your sit ups and push ups or you'll get too far behind to ever catch up
5. Create a calendar log by month/day - put it by your bed so you see it and use it before going to bed - log all activity per day, total at the end of each week, total at the end of each month for each category
6. Have a daily/weekly/monthly goal
 - a. Caution – build up through the year, start slow or you will quit early. Trying to do 100,000 sit ups divided by 365 days = 274 sit ups per day every day for the year. DO NOT start out thinking you'll do this many sit ups per day – you won't be able to sustain it.
 - b. Ease into it and in a couple of months you will find doing 100 sit up will take 90 seconds and you can do multiple sets per day (Such as 100 when you wake up, 100 when you come home, 100 after homework, and 100 before going to bed = 400 sit ups). And over the weekend you can log 7-800 a day in about 15 total workout minutes spread out over the day.
 - c. And, remember, you'll need to pace yourself for the push ups as well. They'll be easier because you can do them faster.
7. Commit yourself to this goal as it will become harder and harder as the year goes by. I am sharing personal experience now but I know you can do it.
8. Diet – create a daily log and write down everything you eat – everything.
 - a. A piece of gum – write it down
 - b. Second helpings – write it down
 - c. A soda pop – write it down
 - d. Coffee with cream – write it down
 - e. The purpose of writing down what you eat is to show you where you can change to a healthier, balanced diet. Eat more fruits/vegetables and less fast foods like French fries – we all love French fries but they're equal to about 1,000 sit ups – are they worth it?
9. When you want to quit and drop out of this challenge (and you will) take out the photographs you took then look in the mirror and compare the progress you've made. Don't give up – anybody can give up!!!!!!