

BOLDD HEALTH CHALLENGES

Challenge	Points Value	Proof Required	Tip
Attend BOLDD Session on Time	30	Attendance Marked	Aim to arrive 5-10 minutes early to settle in.
Fast from food for one day (12 hrs outside of your sleeping hours)	25	Self-report Check In	Use this time of fasting to be in communion with God through prayer and scripture.
Hike up a mountain	20	Photo at the top/summit of mountain	Go at your own pace – finishing matters more than speed.
Exercise with someone new	15	Photo	Stepping outside comfort builds connection and confidence.
Attend a BOLDD Session (Late)	15	Attendance Marked	If you didn't manage to make it on time, at least you still showed up.
Walk 10,000 steps in a day	15	Screenshot of walking app	Every step matters!
Workout with a Friend outside of the BOLDD sessions	10	Photo	Community builds consistency - don't overthink the workout.
Lose a KG	10pts per kg	Photo (send to admin email)	Focus on consistent habits across the week – movement, hydration, and balanced meals.
Active Rest Day	10	Photo	Rest is part of discipline, not a break from it. examples include gentle walking, light cycling, yoga, swimming. Low intensity, low impact movement
5+ Fruit & Veg in a day	10	Photo	Aim for colour and balance, not perfection.
Volunteer to take the prayer at a BOLDD Session	10	Live confirmation	It doesn't need to be long or perfect. Pray how you want.
Try a new workout style	10	Photo	New movement challenges the body and keeps things fresh. E.G. Pilates, Run Club, Zumba etc
Drink 3L of water in a day	5	Self - Report Check In	Sip consistently rather than all at once.
Cook a healthy home made meal	5	Photo of meal	Keep it simple – protein, veg, carbs is enough.
Gratitude list (3 Things)	5	Post into FB Group	Gratitude reshapes perspective more than circumstances.