

100 Day LEAP Challenge

Stage 5 - Your LEAP Challenge Review

Your LEAP Challenge Review takes place in the week or two after your 100 day challenge. The challenge may be over but you should try to see your review as the start of the rest of your “Forever Young” journey. It includes the following steps:

1. **Celebration:** A very important action which connects the achievement of your challenge goals with the review process.
2. **Time Out:** Take time out for a week or two, to take stock of where you are. This does not mean you stop exercise during this period.
3. **Actual vs Goals:** Review your actual performance against the goals you set at the start of the challenge.
4. **Record Your Results:** Record your challenge achievements but also identify where there’s room for improvement.
5. **Your Next Project or Challenge:** Perhaps most important of all, decide what’s next? What’s the next stage of your “Forever Young” journey?

1. Celebration

After all the hard work, it’s really important to celebrate your success and reward your achievements. Not only will you enjoy the celebrations but they’ll reinforce your actions and results and you’ll most likely be thinking about, what you’re going to do next. This is also a great way to get support from your family and friends for future projects. Don’t underestimate the importance of family support, especially when they are there with you, to celebrate your success.

2. Time Out

At the end of your LEAP Challenge, take some time to relax and unwind before you analyse your results. Don’t let the euphoria you feel from your achievements and the celebrations cloud your judgment. It’s easy to jump right into your next project, before you give yourself a chance to catch your breath.

Give yourself a break for a week or two to recharge your batteries. You’ll probably find it hard to completely break away from your exercise, so go out for a few easy walks. However, don’t push yourself too hard during this time so that at the end of your break you’ll be raring to go! Whatever you do, continue your daily moving.

3. Actual vs Goals

So after your celebration and time out, it's time to review your 100 Day LEAP Challenge. This means comparing your actual performance for the 100 days against the challenge level goals you agreed at the start.

If you've completed your daily trackers during the challenge you can update your weekly tracker which summarises your actual weekly walking against the weekly goals. An illustration of a completed weekly tracker for Level 1, is set out below.

Weekly Walking Plan Level 1

Week	Time Goal [Mins]	Pace Goal [Mins/Secs]	Distance Goal [Km]	Actual Time [Mins]	Actual Pace [Mins/Secs]	Actual Distance [Km]
1	60	15:00	4.0	65	14:45	4.4
2	70	14:50	4.7	70	14:40	4.8
3	80	14:40	5.5	75	14:40	5.1
4	90	14:30	6.2	80	14:35	5.5
5	115	14:30	7.9	100	14:25	6.9
6	130	14:25	9.0	120	14:20	8.4
7	145	14:25	10.1	140	14:15	9.8
8	160	14:20	11.2	160	14:15	11.2
9	180	14:20	12.6	180	14:10	12.7
10	200	14:15	14.0	205	14:05	14.6
11	220	14:15	15.4	225	14:05	16.0
12	240	14:10	16.9	250	14:00	17.9
13	260	14:10	18.4	275	13:55	19.8
14	280	14:05	19.9	300	13:50	21.7
15	300	14:00	21.4	320	13:45	23.3

Analysis of the weekly tracker illustration above shows the following

- This participant did very well overall.
- They exceeded the time goal at the end of the challenge.
- Their pace was faster than the goal pace.
- Their distance was also greater than their goal.
- There were some ups and downs during the 100 days.

Automated Approach

If you chose the more automated approach, which uses an Excel spreadsheet, so long as you completed the daily trackers, your weekly total automatically updates your weekly tracker.

Your Secondary Objective

You should also review your secondary objective by comparing your actual performance for the 100 days against the goals you agreed at the start. Did you achieve your goal and is there room for further improvement. In your next project or challenge will you continue to work on the same secondary objective or are you ready to switch to a new one?

Record Your Results

Recording or journaling your challenge results, achievements and lessons learnt is a very important and powerful way to ensure that you'll benefit from the challenge and maintain or develop newly acquired behaviours.

This should not be too big a deal but you do want to take the time to record how you got on. Did it go according to plan? Was your time faster or slower than your challenge objective? With the benefit of hindsight, was your objective time realistic, too optimistic or too pessimistic? Whatever the answer, ask yourself why? Did you complete your training program with ease or were you under time pressure? Are you suffering from any injuries, no matter how small you feel they may be? What would you do differently next time around?

These are all important questions you need to consider and answer before you jump into your next project. By reflecting carefully on these issues you are much more likely to choose an appropriate project, as you continue the voyage of discovery that is **Your Forever Young Journey**.

Your Next Challenge or Project

Having successfully completed your 100 Day LEAP Challenge, I'm sure you're thinking what's next. It's likely you'll want to do another challenge or project and you're probably wondering if you should do something bigger and better. This is an important issue to consider because you can go either way. Most tend to go bigger when better may be a more appropriate choice.

You should always choose your next challenge or project taking your latest fitness level and current circumstances into account. So if you've just achieved LEAP Challenge Level 1, it makes sense to progress to Level 2. However, your next challenge or project should give you enough time to work on the quality of your activities. As with most things in life, focusing on quality over quantity is beneficial in the longer term. Your journey has only started and you want to be ready for each challenge along the way.

Continue to take things conservatively, so that you're moving forward gradually and progressively, avoiding injury and having lots of fun along the way. Take time out to evaluate each challenge or project before you move on to the next one. If you approach your projects this way, you're much more likely to succeed, and perhaps more importantly, you're likely to avoid injury. The tortoise often triumphs over the hare in the long run.

“The finish line is just the beginning of a whole new race.”

Unknown