

ITP 9 Commitment Challenge

Individual Version

✦ Goals:

- To give us an opportunity to increase our fulfillment of the 9 ITP Commitments
- To provide an all-ITP activity for practitioners no matter where they live
- To increase communication between us and strengthen our community
- To have **FUN!**
- To provide an opportunity for us to increase our well-being: body, mind, heart, and soul

✦ How it works: Daily Challenge

- The daily challenge is that everyone completes ½ hour of exercise every day for 12 weeks.
- When you complete your daily exercise you give yourself 1 point on the spreadsheet. If you do the kata that day, as well as exercise, give yourself 2 points. The spreadsheet will have a column for a short description of your exercise and/or kata, and a column for points.
- The maximum number of points anyone can earn for exercise per day is 1, even if you exercise for longer than ½ hour.
- If you take a rest day, no exercise or kata, you enter 0 on your column for that day. **No leaving it blank.**
- At the end of each week participants who exercise at least 3x in that week will receive 1 bonus point.
- Also at the end of the week, everyone who has completely filled in their spreadsheet by the following Monday at noon will earn 1 bonus point.

✦ A word about the Continuous ½ Hour of Exercise

The first LET principle applies to the definition of exercise in this challenge.

∞ You Are Your Own Authority! ∞

And we're operating on the honor system.

You can choose the forms of exercise that work for you. Aerobics and strength training are recommended. You can do anything that increases your heart rate and your muscle strength. Physical therapy counts. The kata counts, if you increase the amount of the vigorous, strength-building movements between Grace and the Transformational Imaging so that that part of your kata takes ½ hour. Dedicate these 12 weeks to yourself, body, mind, heart, and soul!

✧ A word about Safety

Safety First! Please remember to **exercise safely**. Bring your **awareness** to your body and your environment as you move. If a movement is painful, back off. Explore ways you can exercise without pain. Sitting on a chair waving your arms and conducting a symphony is exercise! Your body is your teacher, and you can use this challenge to perfect your ability to listen to what it's telling you.

✧ Weekly Challenges

There is a 9 Commitment challenge each week. There will be an area on the spreadsheet for challenge completion. Completing the challenge will earn 2 points! The weekly challenge must be completed and the 2 points filled in on the spreadsheet by the following **Monday at noon**.

1. **Starting Easy and Tapering Off!** Once during this week get up and move at a time during which you would normally be sedentary (such as, if you're watching TV, during advertisements, or while waiting for something to finish cooking.) Walk around your apartment, run in place, dance, do calisthenics, yoga, lift some weights or soup cans, for 15 extra minutes total!
2. **Gotta Kata!!** During this week do the Kata every day! Try it at different times of day. Try it outdoors. Enjoy the practice and go deep!
3. **Where did that bag of chips go???** This week keep a record of everything you eat. There are apps to help with this, or do it old-school (pen and paper). It's not necessary to count calories or weigh your food. Just estimate a serving size as best you can.
4. **Stay Current With Yourself! Mindfully Ingest!** Pick any 1-hour period during the week and log as many feelings as possible. Become aware of finer distinctions of feelings. Do you have combinations of feelings?

And, for another 1- hour period during the week, keep a record of your feelings about the images and stories you're bringing into your system. What are you watching, reading, or talking about? It's not necessary to record the names of programs or books, just the feelings and/or images. Scary/killing, Sexy/love, Scary/politics, Funny/joking around with friend.

5. **Stronger in Body, Mind, Heart, and Soul!** At least once this week use weights in your workout. If you normally use weights, try combining weights and cardio. If you don't normally use weights and you belong to a gym, find a trainer to help you get started. If you don't belong to a gym, use light weights (soup cans?). Check out one of these articles.

<http://www.shape.com/fitness/workouts/easiest-strength-training-plan-ever>

<http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/strength-training/art-20046670>

6. **Raise the Sails!** Once during the week increase the Transformational Imaging period of your Kata to 10 minutes and the Meditation period to 20 minutes. Focus and Surrender!

7. **What Me Run??!!** This week try some interval training at least once. During a workout, push yourself for a few minutes or a certain # of paces, and then go back to your normal speed. Do this 5-6 times in ½ hour. If you're new to interval training, check out this article from the Mayo Clinic:

<http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/interval-training/art-20044588>
8. **9th Commitment!** During this week do something of service for another person or group of people every day, if possible without telling who did it. Anonymous. Little things are fine, and if you're found out, that's fine too.
9. **Our Bodies Are Enough.** During this week experiment with exercises only involving your body. Do at least 3 sets of 20 calisthenics each day as part of your exercise. You choose which ones. Some examples are jumping jacks, push-ups, crunches, sun-salutations, kata fountains, kata scoops.
10. **Downward Dog For the Mind!** This week memorize something, a poem, song, or story .If it's in a foreign language, so much the better! Perform/recite it for your ITP group, friends, or family. Let your light shine!
11. **Try Try Try!** This week try a new form of exercise or body treatment. Try anything you want to do, but haven't gotten around to. If it's a new body treatment and you can't get an appointment during this week, make one for the future.
12. **Way Too Hard!! :-)** For the whole week drink only water – no juice, coffee, alcohol, tea. Only water. You can **eat normally**, but drink water. I know this is hard, but that's why it's called a challenge. And you'll feel so good at the end of the week!

ITP 9 Commitment Challenge

Team Version

✦ Goals:

- To give us an opportunity to increase our fulfillment of the 9 Commitments
- To provide an ITP activity that any practitioner can participate in no matter where they live
- To increase communication between practitioners and strengthen our community
- To have **FUN!**
- To provide an opportunity for each of us to increase the well-being of our body, mind, heart, and soul
- To provide an opportunity for us to examine our relationship to competition and the value of the journey versus winning

✦ How it Works:

Teams

- Individuals will be grouped into teams of 4-5 people. Each team will have a Google sheet page. Each person will have 2 columns; the days of the weeks are the rows.

Daily Challenge

- The daily challenge is that everyone completes a continuous ½ hour of exercise every day for 12 weeks.
- When you complete your daily exercise you give yourself 1 point on the spreadsheet. If you do the kata as well as exercise, give yourself 2 points. The spreadsheet will have a column for a short description of your exercise and/or kata, and a column for points.
- The maximum number of points anyone can earn for exercise per day is 1, even if you exercise for longer than ½ hour.
- If you take a rest day, no exercise or kata, you enter 0 on your column for that day. No leaving it blank.

✦ Team Points

- If everyone on a team exercises 3x in a week, the team gets 1 point.
- If everyone on a team does the kata at least 3x in a week the team gets 1 point.
- If everyone on a team completes the weekly challenge, the team earns 2 points.
- The deadline for filling in your spreadsheet each week is the following Monday at noon. If everyone on a team has filled out the spreadsheet for the past week by then, the team gets 1 point.

✧ A word about the Continuous ½ Hour of Exercise

The first LET principle applies to the definition of exercise in this challenge.

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And we're operating on the honor system.

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✧ A word about Safety

Safety First! Please remember to exercise safely. Bring your awareness to your body and your environment as you move. If a movement is painful, back off. Explore ways you can exercise without pain. Sitting on a chair waving your arms and conducting a symphony is exercise! Your body is your teacher, and you can use this challenge to perfect your ability to listen to what it's telling you.

✧ Weekly Challenges

There is a 9 Commitment challenge each week. There'll be an area on the spreadsheet for challenge completion. The weekly challenge must be completed and filled in by noon of the following Monday in order to be counted. Completing the challenge will earn 2 points!

1. **Starting Easy and Tapering Off!** Once during this week get up and move at a time during which you would normally be sedentary. (Such as, if you're watching tv, during advertisements, or while waiting for something to finish cooking.) Walk around your apartment, run in place, dance, do calisthenics, yoga, lift some weights or soup cans, for 15 extra minutes total!
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