



90 Day Challenge Target Ideas

Here are some examples of 90 Day Challenge Targets. Remember, your targets need to be **S.M.A.R.T.** **Specific, Measurable, Attainable, Relevant, Time-Based.** There's no limit to the number of challenge outcomes you could choose. This is just to get you thinking.

BODY

- Train for and run a 5k
- Train for and run a 10k
- Train for and run a marathon
- Fit into a new dress (purchase at the start of the challenge)
- Do a boudoir photo shoot for your husband (get in shape during the challenge)
- Learn how to climb a rope
- Do a pullup
- Reach a specific body fat %
- Exercise at least 5 days/week
- Lift a certain weight on a certain exercise
- Participate in a Tough Mudder
- Participate in a Spartan Race
- Being able to do x push ups on your toes instead of knees
- Eliminate certain foods
- Finish a hike within a specific amount of time on a certain trail
- Get bloodwork drawn to solve a specific problem
- Learn a new sport
- Exercise outside every day

BEING

- Keep a self love journal - name 1 thing you love about yourself every day - use a special journal
- 12 dates with yourself
- Learn a new hobby
- Take dance classes and finish with a recital

- Work on a music piece that's the next level up from where you are
- Do a bible study
- Do a therapy program
- Go on a solo vacation/staycation
- Reorganize a room in your house
- Redecorate
- Go on a silent retreat
- Visit a new church every week

BALANCE

- Plan and take a trip just you and your husband
- Plan and take a family vacation
- Go on 1:1 dates with each of your kids
- Have weekly family game night
- Go to 12 movies with your family
- Go on a marriage retreat
- Create a scrapbook with your kids
- Create a cookbook with your husband
- Record 12 episodes of a podcast with your husband
- Learn a new sport with your kids
- Rebuild a broken relationship
- Help your child accomplish a specific goal
- Have a weekly coffee/breakfast date with child

BUSINESS

- Write 10 blog posts
- Build a marketing funnel
- Revenue target with specific product
- Launch a new product
- Develop a procedure manual
- Hire x employees
- Generate x leads
- Redesign your website
- Enter a new market
- Book x media appearances