“We become what we repeatedly do.” - Aristotle

Creating a healthy lifestyle is a culmination of the many healthy habits we instill in various areas in our lives. Even though you may work out daily and eat plenty of fruits and vegetables, if you’re sleep deprived, your health is likely to suffer.

Here at Alyfe, we have identified six areas of health that serve as the building blocks for optimal wellbeing:

1. Movement
2. Nutrition
3. Mental and Emotional Health
4. Stress Management
5. Hydration
6. Sleep

Including all the building blocks in your approach to a healthy lifestyle is the key to improving your overall wellbeing. From brushing our teeth to catching up on a favorite TV show, there are many habits we each do daily. Habits are formed through repetition and become engraved into our neural pathways, making them difficult to break but also possible to form and maintain new ones.

There’s a myth that states it takes 21 days to change a habit, but in reality research tells us that it takes an average of 66 days for a habit to become ingrained. And up to 254 days for the more difficult ones! So, if you’re expecting to change a childhood habit in three short weeks, you may end up throwing in the towel when you don’t see the change as quickly as you want. Remove that 21 day number from your head and prepare to embrace the process of small, incremental improvements.

**MOST OF THE THINGS THAT YOU DO EVERY DAY, ARE THE RESULT OF HABITS.**

We all have hundreds of habits we trigger every day. These habits can be divided into three groups.

**1. INNATE**
Habits we do without even thinking about them because they have been part of our lives for as long as we can remember (tying shoelaces, putting on your seatbelt, brushing teeth).

**2. BAD**
These are habits that are bad for us—like smoking, procrastinating, or overspending.

**3. GOOD**
These are habits that we’ve worked hard to establish. They include things like moving your body, eating well, or getting enough sleep.

In each of the six building blocks, we have innate, good, and bad habits. Understanding your habits in each of these six areas allows you to take a closer look at what you are doing well and where you could improve. Taking a habit “inventory” is the first step in creating a foundation for improving your overall wellbeing.

To earn your 40 points for this challenge, you must log in to the Alyfe portal (http://bit.ly/Alyfe) and log your minutes of movement (we recommend doing this at least weekly).