

PROGRAM FAQs

HOW DOES THE 120 STRONG CHALLENGE WORK?

There are 4 phases with each lasting 30 days. You must complete all 30 days of each phase without missing one of the performance habits before moving on to the next phase. A missed performance habit will result in beginning the phase over again.

WHO CAN PARTICIPATE IN THIS CHALLENGE?

Anyone!

WHY SHOULD I DO THE 120 STRONG CHALLENGE?

120 Strong will build mental toughness, allowing you to create real habits that may feel difficult, but are realistic and sustainable long term. This is not just about getting in shape; it is about becoming a leader in your life of excellence. You'll gain the skills necessary to take life by the horns. 120 Strong gives you the strength to take control of your optimal health and allow you to handle every other aspect of your life at a higher level.

IF I AM PAST PHASE 1 AND I MISS A PERFORMANCE HABIT, DO I NEED TO START BACK AT PHASE 1 AGAIN?

If you are in Phase 2 - 4 and you miss your performance habit one time, you will start over on the same Phase. If you miss the performance habits twice, you will need to start back at the beginning of Phase 1.

DO I HAVE TO START OVER IF I MISS MY STEPS ONE DAY?

No, as long as you total 70,000 steps per week or 300,000 steps per 30 day phase.

HOW DOES THE COLD SHOWER WORK?

Start by taking your normal shower; you will take the cold shower afterwards. Rotate front to back, and practice by focusing control on your breathing during the required timeframe of each phase.

WHAT ARE MY NUTRITION REQUIREMENTS AND WORKOUTS DURING THIS CHALLENGE?

If you are part of Next Level Fitness Academy, you will follow the nutrition and workouts set forth in your current program. If you are not part of the Next Level family, follow the workout and nutrition program set forth by yourself, physician or trainer. If you don't have a current workout program, it is suggested that you workout a minimum of 3 hours per week, including strength and cardio.

HOW DO I TRACK MY RESULTS?

Mark the provided calendar and upload every day on your Facebook / Instagram stories or timeline. Hashtag [#120strong](#) and [#nextlevelfitnessacademy](#) or tag Coach Chad directly.

HOW DO YOU KNOW I'M ACTUALLY COMPLETING THE CHALLENGE?

This is all based on an honor system of character and integrity. The only person you're cheating is yourself and the impact this will make on your life.