How the Free 5-Day Challenges Work

Free Guides, Challenges & Emails · https://coachluke.com/docs/how-the-free-5-day-challenges-work/

The free 5-day challenges are the easiest way to start a new habit with me. Each one gives you one short email a day for five days, with one simple step per day, then a short wrap-up email. Most take about 30 to 40 minutes across the whole week.

Which challenges are there?

There are challenges for stress and sleep, weight loss and blood sugar, strength and walking, joints and posture (back, neck, hips, knees, shoulders, feet), the kitchen and meal prep, and beginner starters like tai chi, qigong, yoga, kettlebells and boxing. See them all on the challenges page and pick the one that sounds most like you right now.

How do I join?

Open the challenge you want, tap **Start my challenge** and enter your email. That's it: no account, no app, no payment.

When do the emails arrive?

- **Day 1:** a few minutes after you sign up.
- **Days 2 to 5:** one each morning after that. Challenge emails skip Tuesdays, so a challenge that crosses a Tuesday takes one extra day.
- **Wrap-up:** two days after Day 5, with a recap of what to keep and where to go next.

If Day 1 hasn't shown up within about 15 minutes, check spam and Gmail's Promotions tab, then see Didn't get your free guide or challenge email?

What's in each day?

Every email has one small step: a quick self-check, an easy at-home routine, a simple food swap or one of the free tools on the site. Each step links to the article, calculator or quiz that goes with it, so you have everything in one place.

I missed a day. Can I catch up?

Yes. Nothing expires. Just open the email you missed and do that step whenever you're ready. The challenge works the same whether you finish in five days or ten.

Can I do more than one challenge?

Yes, but one at a time works best. If you start two at once, you'll get both sets of daily emails.

Do the challenges cost anything?

No. Every challenge is free. Near the end of a challenge, usually on Day 5, I may mention one product that fits the topic, such as a supplement I use or one of my own printable plans. It's always clearly marked, with an honest note on who it suits and who should skip it, and it's always optional. Every step in the challenge works without buying anything.

How do I stop the emails?

Every email has a one-click unsubscribe link at the bottom. Not for you after Day 1? Unsubscribe and that's the end of it.

Is this medical advice?

No. The challenges are general wellness education from a NASM-certified trainer and NESTA nutrition coach. If you have pain, a health condition or symptoms that worry you, check with your doctor before starting, and stop any move that hurts.