
Challenge TKI

Welcome to the Training Kaizen Inc. challenge. Are you able to maintain a routine for 21 days and create a new positive habit?

PRESENTATION

Our Mission

Through this challenge we seek to improve the current integral state of the person. Generate a new positive habit. Influence all aspects of our life.

The team

Physical Education: Axel Bleuer y Patricio Martínez G.

Community manager: Derek Bleuer

Psicología / Nutrición / Marketing : (asociados)

CHALLENGE AND PROCESS

Challenge

The TK inc. challenge consists of performing a physical activity routine for 3 weeks with the objective of improving our current state and creating a new positive habit.

Challenge Process

This process lasts 21 days, i.e. 3 weeks, organized in 6 days of work and 1 day of rest.

Method: Initial tests are carried out and baseline data are obtained.

An outdoor space is sought within 1 km of the place of residence.

The person has to walk or jog to the space, do the physical activity routine, and return. The estimated time for the routine is 30'.

The person must record through photos/videos and write in a personal blog their daily activity.

The coach provides the tools, daily follow-ups and weekly online evaluation interviews.

At the end of the challenge, results are compared and feedback is given.

FOLLOW-UP TASK LIST

Weekly meetings

Once a week interviews with the coach for 40'. The process is observed and evaluated.

Journal

Start a personal blog and register your day:

- ☐ Nutrition
- ☐ Intellectual activity
- ☐ Physical activity

RESOURCES

Online platforms

- ❖ Social media
- ❖ Google apps
(Drive, Forms, Podcasts, Classroom, Spreadsheets, Chat)
- ❖ “Blogger”
- ❖ Interactive video calls
- ❖ Multimedia recording (photo and video)

Social media

- [TK Instagram](#)

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- [Obsidiana Instagram](#)
 - [TKInc. Website | Blog | Gallery](#)
 - [Training Kaizen | Facebook](#)

FINANCIAL AREA

We are open to any form of payment that means positive growth.

Our payment system works like a savings bank. We make refunds of up to 50% of the objectives achieved.

*Request more information about the payment methods and the price of the challenge

by Training Kaizen Inc.

Buenos Aires - Genève