

# Can we bring back the 30 day challenges?

December 31, 2017 | 81 upvotes | by [Hairy007Beast](#)

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New year's day is hours away and everyone is super motivated, so it is the perfect time to create a giant 30 day challenge. Everyone is already setting personal goals anyway, but creating specific challenges for each month will give people something to be accountable to.

We can make it a competitive game of who can get the most shredded, girls, or improve there SMV in any way.

What do you say mods? We previously did one in 2015, but not that many people were aware of this reddit back then. The challenges can be a great way for Redditors to put their theories into practice because understanding without applying is useless. Are you guys in?

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## Comments

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Two\_kids\_in\_a\_coat • 12 points • 1 January, 2018 02:32 AM

Great idea.

makesOsense • 7 points • 1 January, 2018 05:46 AM

I really think it's a great idea.

throwawayflatwhite • 14 points • 1 January, 2018 07:00 AM

Wanna just start it yourself? Don't need to wait for mods to start anything you know...

hiddenpersona • 3 points • 1 January, 2018 02:57 PM

Start by yourself now.

30 day of: Nofap No alcohol No video games No cigarettes/weed/drugs Gym everyday Read everyday Sleep early Wake up early Clean diet Water only

not-hardly • 1 point • 1 January, 2018 04:03 PM

Gym every day: Doing what on off days between heavy compound lifts?

hiddenpersona • 2 points • 1 January, 2018 04:58 PM

Go swim, do light cardio, isolation light exercises. If it has sauna, get in. Let every move make you a better version. Detox.

not-hardly • 1 point • 1 January, 2018 04:04 PM

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30 day of:

Nofap

No alcohol

No video games

No cigarettes/weed/drugs

Gym everyday

Read everyday

Sleep early

Wake up early

Clean diet

Water only

TehJimmy • 2 points • 1 January, 2018 11:46 AM

I would say noporn but then i realised a whole subredit for this exist

tommycantoy17 • 3 points • 1 January, 2018 10:21 AM

did the challenge help?

im asking because its been 2 years and you are still here... shouldnt you be too busy spinning 20 plates right

now?

TRP\_mask • 1 point • 1 January, 2018 01:03 PM

Good idea, but one that encourages progress rather than already made accomplishments.