

www.vfjpilates.co.uk



A top-down photograph of several bright orange pumpkins, a bundle of cinnamon sticks tied with twine, and whole nutmegs scattered on a dark blue wooden surface. The scene is warm and autumnal.

www.vfjpilates.co.uk

VFJ Alternative Challenges

Pumpkin Spice & Everything Nice

Slow down, warm up, feel good.



Pumpkin Spice & Everything Nice

Seasonal self-care with gentle movement and cosy feel-good routines.
Think warm mugs, crisp leaves and comforting habits.



The background of the entire page is a photograph of several orange pumpkins, a bundle of cinnamon sticks tied with twine, and whole nutmegs scattered on a dark blue wooden surface. The pumpkins are in the upper left and center, while the cinnamon sticks are in the lower left and center, and the nutmegs are scattered in the lower right.

www.vfjpilates.co.uk

VFJ Alternative Challenges

Each day has a small, focused and themed task to complete.

Take what works, adapt or skip the rest, or make your own.

You can follow it alone or alongside the main challenge.

No logging, scoring, or tracking needed; show up when you can.

All prompts are short, low-effort, easy to do and should be fun.

Use the tick sheet if you prefer to complete tasks in any order.

How To...

www.vfjpilates.co.uk

VFJ Alternative Challenges

**Flexible and
easy to follow**

**No equipment
or special prep**

**Supports mental
wellbeing**

**Boosts lifestyle
ballance**

**Easy to dip in &
out when needed**

**Designed to fit
around real life**

**Keeps life varied
& engaging**

**Designed to build
helpful habits**

**Can be done with
other challenges**

**Helps improve your
ganeral mood**

**Offers structure
without pressure**

**Makes healthy habits
feel more achievable**

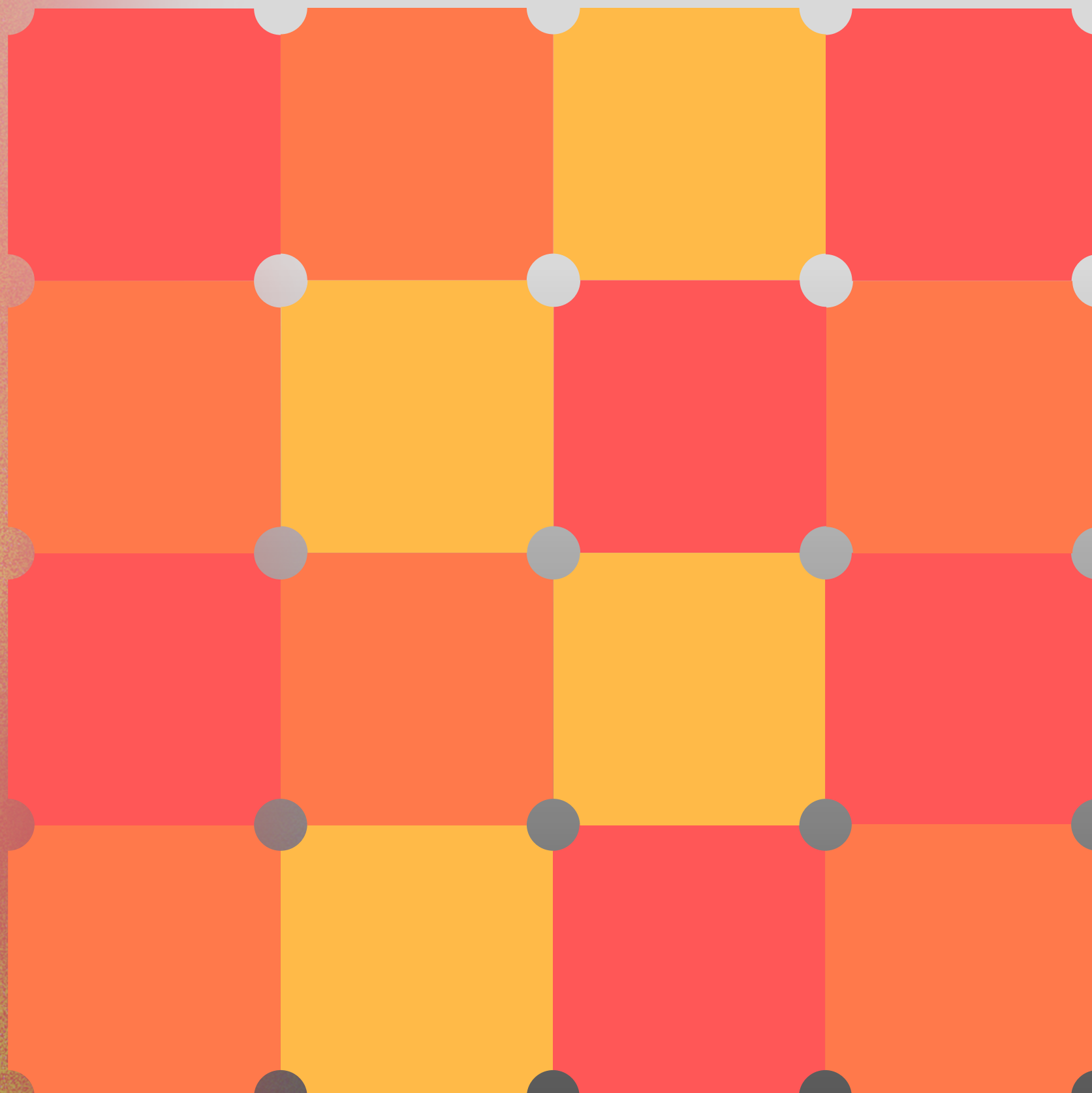
**Helps you feel in
control of your day**

**Helps you feel in
control of your day**

Benefits



CHECK *List*





www.vfjpilates.co.uk

VFJ Alternative Challenges

DAY 1

Wrap up in your cosiest jumper and take a few gentle reaches across your body.

14 Day Pumpkin Spice & Everything Nice

www.vfjpilates.co.uk

VFJ Alternative Challenges

DAY 2

Journal: What seasonal treat or tradition am I looking forward to?

14 Day Pumpkin Spice & Everything Nice

A woman with long brown hair is shown from the chest up, wearing a thick, cream-colored knit sweater with a dark brown horizontal stripe across the chest. She is hugging herself with both arms, her hands resting on her chest. The background is a soft, out-of-focus grey. On the left side of the image, there is a vertical gradient overlay transitioning from a warm orange-red at the top to a darker red at the bottom.

www.vfjpilates.co.uk

VFJ Alternative Challenges

DAY 3

Stretch your arms wide, then
give yourself a big hug

14 Day Pumpkin Spice & Everything Nice



www.vfjpilates.co.uk

VFJ Alternative Challenges

DAY 4

Make a cinnamon or spiced tea and enjoy it screen-free

14 Day Pumpkin Spice & Everything Nice

www.vfjpilates.co.uk

VFJ Alternative Challenges

DAY 5

Light a candle and watch the flame for a few minutes

14 Day Pumpkin Spice & Everything Nice

A close-up, low-angle shot of a person's feet wearing patterned socks, resting on a wooden floor. The socks have various patterns including stripes and geometric shapes in colors like red, grey, and white. The wooden floor has a warm, natural tone with visible grain. The overall lighting is soft and warm, creating a cozy atmosphere.

www.vfjpilates.co.uk

VFJ Alternative Challenges

DAY 6

Put on warm socks and do a few gentle steps around the room

14 Day Pumpkin Spice & Everything Nice



www.vfjpilates.co.uk

VFJ Alternative Challenges

DAY 7

Journal: What autumn
moment always makes me
smile?

14 Day Pumpkin Spice & Everything Nice

www.vfjpilates.co.uk

VFJ Alternative Challenges



DAY 8

Do a few slow shoulder rolls
and reach for the sky

14 Day Pumpkin Spice & Everything Nice

A close-up photograph of several marshmallows on metal sticks, being roasted over a campfire. The fire is visible in the background, with bright orange and yellow flames. The marshmallows are white with some browning on top. The background is slightly blurred, showing more of the fire and some autumn leaves.

www.vfjpilates.co.uk

VFJ Alternative Challenges

DAY 9

Enjoy a seasonal snack
mindfully — no distractions

14 Day Pumpkin Spice & Everything Nice

www.vfjpilates.co.uk

VFJ Alternative Challenges

DAY 10

Sit by a window with a blanket
and look at the sky for a few
minutes

14 Day Pumpkin Spice & Everything Nice



www.vfjpilates.co.uk

VFJ Alternative Challenges

DAY 11

Pull on a soft scarf and do a few gentle neck stretches.

14 Day Pumpkin Spice & Everything Nice

www.vfjpilates.co.uk

VFJ Alternative Challenges

DAY 12

Journal: What does 'comfort' look like in my daily routine?

14 Day Pumpkin Spice & Everything Nice



www.vfjpilates.co.uk

VFJ Alternative Challenges

DAY 13

Do a few gentle side bend, like swaying with the breeze.

14 Day Pumpkin Spice & Everything Nice



www.vfjpilates.co.uk

VFJ Alternative Challenges

DAY 14

Add a sprinkle of spice or seasonal flavour to today's meal & pause to enjoy the warmth rising from your meal before you begin.

14 Day Pumpkin Spice & Everything Nice

www.vfjpilates.co.uk

VFJ Alternative Challenges

WELL DONE

Pumpkin Spice smashed.
Carry the comfort with you.

14 Day Pumpkin Spice & Everything Nice