30 Day Better Body Challenge

Create a shift in your energy level, time management, food cravings and lose a few pounds in the process. Commit to the following for 30 days. EAT HOME COOKED MEALS. For a shopping list, check out my Fall/Winter Clean Eating List on Checkli. The steps repeat for 30 days so you can check off your daily accomplishments! Accountability matters. :-)



DAY 1

- [ ] Eat a small, nutritious breakfast before 8-9am.
- [ ] Eat your largest meal between 10:30am-2:30pm.
- [ ] Eat a light meal for dinner and STOP EATING BY 8pm.
- [ ] Avoid mindless snacking and walking & snacking. PREP YOUR SNACKS.
- [ ] Go to bed by 10pm and get The recommended 7-9 hours (absolutely minimum, six).
- [ ] EXERCISE. If you're already getting the recommended amount, consider adding more intensity/frequency or walk and take the stairs more often!
- [ ] Hydrate with water, not soft drinks and tea. Take it easy on the caffeine and alcohol. (Check off if you were able to abstain from sugary/caffeinated/alcoholic beverages and got at least 64oz.!)

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