30 Day Health Challenge



- [ ] 1. Chew 30 times
- [ ] 2. Don’t eat after 7pm
- [ ] 3. Eat vegetables with every meal
- [ ] 4. Cook at home
- [ ] 5. Focus on your posture
- [ ] 6. Laugh and smile
- [ ] 7. Take the stairs
- [ ] 8. Walk to work
- [ ] 9. Sleep for eight hours
- [ ] 10. Stretch
- [ ] 11. Avoid salt
- [ ] 12. Don't eat refined sugar
- [ ] 13. Drink only water
- [ ] 14. Eat what your body is asking for
- [ ] 15. Eat six small meals a day
- [ ] 16. Find a supplement
- [ ] 17. Give up weighing yourself
- [ ] 18. Indulge

- [ ] 19. Avoid trans and saturated fat
- [ ] 20. Drink herbal tea
- [ ] 21. Try a new exercise
- [ ] 22. Buy a herb plant
- [ ] 23. Don't eat processed foods
- [ ] 24. Use sunscreen
- [ ] 25. Take a cold shower
- [ ] 26. Make your own granola
- [ ] 27. Eat until you’re satisfied
- [ ] 28. Don’t go shopping while hungry
- [ ] 29. Eat whole carbs
- [ ] 30. Eat with pleasure

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