

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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