

10 Day Challenge

Day 1	Day 2	Day 3	Day 4
___ 5 min meditation	___ 5 min meditation	___ 5 min meditation	___ 5 min meditation
___ 30 min movement	___ 30 min movement	___ 30 min movement	___ 30 min movement
___ 3 servings vegetables __ __ __	___ 3 servings vegetables __ __ __	___ 3 servings vegetables __ __ __	___ 3 servings vegetables __ __ __
___ Gratitude	___ Gratitude	___ Gratitude	___ Gratitude
___ tracked food	___ tracked food	___ tracked food	___ tracked food
Day 5	Day 6	Day 7	Day 8
___ 5 min meditation	___ 5 min meditation	___ 5 min meditation	___ 5 min meditation
___ 30 min movement	___ 30 min movement	___ 30 min movement	___ 30 min movement
___ 3 servings vegetables __ __ __	___ 3 servings vegetables __ __ __	___ 3 servings vegetables __ __ __	___ 3 servings vegetables __ __ __
___ Gratitude	___ Gratitude	___ Gratitude	___ Gratitude
___ tracked food	___ tracked food	___ tracked food	___ tracked food
Day 9	Day 10	<p>"Once you have eliminated the impossible, whatever remains, however improbable, must be the truth." - Spock</p>	
___ 5 min meditation	___ 5 min meditation		
___ 30 min movement	___ 30 min movement		
___ 3 servings vegetables __ __ __	___ 3 servings vegetables __ __ __		
___ Gratitude	___ Gratitude		
___ tracked food	___ tracked food		