



## 30 DAY

### Change Your Habits, Change Your Life & Skin CHALLENGE

September 19 – October 18

<p style="text-align: center;"><b><u>DAYS 1-5</u></b> Sep 19 – Sep 23</p> <p style="text-align: center;">*Drink at least 8 cups of water daily</p> <p style="text-align: center;">1 Point</p>	<p style="text-align: center;"><b><u>DAYS 6-10</u></b> Sep 24 – Sep 28</p> <p style="text-align: center;">*Drink at least 8 cups of water daily *Walk at least 7,000 steps daily</p> <p style="text-align: center;">1 Point</p>
<p style="text-align: center;"><b><u>DAYS 11-15</u></b> Sep 29 – Oct 3</p> <p style="text-align: center;">*Drink at least 8 cups of water daily *Walk at least 7,000 steps daily *No fast food</p> <p style="text-align: center;">1 Point</p>	<p style="text-align: center;"><b><u>DAYS 16-20</u></b> Oct 4 – Oct 8</p> <p style="text-align: center;">*Drink at least 8 cups of water daily *Walk at least 7,000 steps daily *No fast food *Include any 20min workout at least 3X weekly</p> <p style="text-align: center;">1 Point</p>
<p style="text-align: center;"><b><u>DAYS 21-25</u></b> Oct 9 – Oct 13</p> <p style="text-align: center;">*Drink at least 8 cups of water daily *Walk at least 7,000 steps daily *No fast food *Include any 20min workout at least 3X weekly *Eliminate refined sugar consumption (no soda, juice, candy, or processed foods)</p> <p style="text-align: center;">1 Point</p>	<p style="text-align: center;"><b><u>DAYS 26-30</u></b> Oct 14 – Oct 18</p> <p style="text-align: center;">*Drink at least 8 cups of water daily *Walk at least 7,000 steps daily *No fast food *Include any 20min workout at least 3X weekly *Eliminate refined sugar consumption (no soda, juice, candy, or processed foods) *Get at least 7hrs sleep each night</p> <p style="text-align: center;">1 Point</p>
<p style="text-align: center;"><b><u>BONUS: Any extra healthy habit in addition to the current week's challenge (some examples are)</u></b></p> <ul style="list-style-type: none"> <li>-Workout at least 3X a week (run, weights, cardio, yoga, dance class, etc) – **no extra points days 16 - 30**</li> <li>-Get others to join the challenge             <ul style="list-style-type: none"> <li>-Stop drinking coffee</li> <li>-Stop drinking alcohol</li> <li>-Walk or run a 5k</li> </ul> </li> <li>-Begin exfoliating or add some other step to your skin care routine</li> <li>-Share the challenge on Facebook/IG</li> </ul> <p style="text-align: center;">1 Point for each bonus activity</p>	
<p style="text-align: center;"><b><u>Guidelines for collecting points to win the Grand Prize</u></b></p> <ul style="list-style-type: none"> <li>*At least one post each challenge on FB or IG to confirm that you are completing that week's challenge</li> <li>*You must complete each week's challenge, IN FULL, to receive credit (1 point)</li> <li>*BONUS: Post any additional measures you are taking to positively benefit your health &amp; skin and receive 1 point for each add'l activity</li> <li>*Complete all 6 challenges and earn the most points to win Grand Prize</li> </ul>	