



30 DAY

Change Your Habits, Change Your Life & Skin CHALLENGE

September 18 – October 17 (2023)

<p style="text-align: center;"><u>DAYS 1-5</u> Sep 18 – Sep 22</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;"><u>DAYS 6-10</u> Sep 23 – Sep 27</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;"><u>DAYS 11-15</u> Sep 28 – Oct 2</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;"><u>DAYS 16-20</u> Oct 3 – Oct 7</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;"><u>DAYS 21-25</u> Oct 8 – Oct 12</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;"><u>DAYS 26-30</u> Oct 13 – Oct 17</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><u>BONUS POINTS: Any extra healthy habit in addition to the current week's challenge (some examples are):</u></p>	
<p><u>Guidelines to win the Grand Prize</u></p>	