



## 30 DAY

# Change Your Habits, Change Your Life & Skin CHALLENGE

September 16 – October 15

<p style="text-align: center;"><b><u>DAYS 1-5</u></b> Mon, 9/16 – Fri, 9/20</p> <p style="text-align: center;">*Drink at least 8 cups of water daily <b>OPT:</b> Memorize a bible verse or positive affirmation</p> <p style="text-align: center;">5 Points</p>	<p style="text-align: center;"><b><u>DAYS 6-10</u></b> Sat, 9/21 – Wed, 9/25</p> <p style="text-align: center;">*Drink at least 8 cups of water daily *Walk at least 7,000 steps daily <b>OPT:</b> Memorize a bible verse or positive affirmation</p> <p style="text-align: center;">5 Points</p>
<p style="text-align: center;"><b><u>DAYS 11-15</u></b> Thu, 9/26 – Mon, 9/30</p> <p style="text-align: center;">*Drink at least 8 cups of water daily *Walk at least 7,000 steps daily *Skip fast food; Increase fiber <b>OPT:</b> Memorize a bible verse or positive affirmation</p> <p style="text-align: center;">5 Points</p>	<p style="text-align: center;"><b><u>DAYS 16-20</u></b> Tue, 10/1 – Sat, 10/5</p> <p style="text-align: center;">*Drink at least 8 cups of water daily *Walk at least 7,000 steps daily *Skip fast food; Increase fiber *Enjoy a 20min workout at least twice (ideally strength training) <b>OPT:</b> Memorize a bible verse or positive affirmation</p> <p style="text-align: center;">5 Points</p>
<p style="text-align: center;"><b><u>DAYS 21-25</u></b> Sun, 10/6 – Thu, 10/10</p> <p style="text-align: center;">*Drink at least 8 cups of water daily *Walk at least 7,000 steps daily *Skip fast food; Increase fiber *Enjoy a 20min workout at least twice (ideally strength training) *Eliminate refined sugar consumption (no soda, juice, candy, or processed foods) <b>OPT:</b> Memorize a bible verse or positive affirmation</p> <p style="text-align: center;">5 Points</p>	<p style="text-align: center;"><b><u>DAYS 26-30</u></b> Fri, 10/11 – Tue, 10/15</p> <p style="text-align: center;">*Drink at least 8 cups of water daily *Walk at least 7,000 steps daily *Skip fast food; Increase fiber *Enjoy a 20min workout at least twice (ideally strength training) *Eliminate refined sugar consumption (no soda, juice, candy, or processed foods) *Get at least 7hrs sleep each night <b>OPT:</b> Memorize a bible verse or positive affirmation</p> <p style="text-align: center;">5 Points</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 2X (weights, cardio, yoga, dance class, swim, run, etc) – **no extra points days 16 - 30**</li> <li>-Get others to join the challenge - **earns you 5 extra points** <ul style="list-style-type: none"> <li>-Stop drinking coffee</li> <li>-Stop drinking alcohol</li> <li>-Stop smoking</li> <li>-Walk or run a 5k</li> </ul> </li> <li>-Begin exfoliating or add some other beneficial step to your skin care routine</li> <li>-Begin taking a daily probiotic (must contain at least 5 strains + a prebiotic)</li> <li>-Whatever else you can do that benefits your health</li> </ul> <p style="text-align: center;">Earn 1 Point for each bonus activity</p>	



**Guidelines to win the Grand Prize**

\*Send an email to [cristabelspanc@gmail.com](mailto:cristabelspanc@gmail.com) at the completion of each challenge confirming you completed it

\*Complete each week's challenge, IN FULL, to receive credit (5 points)

\*BONUS: Share any additional measures you are taking to positively benefit your health & skin and receive 1 point for each add'l activity (there is no limit to the number of bonus pts earned)

\*Complete all 6 challenges AND earn the most points to win the Grand Prize

+The OPTIONAL bible verse memorization does not earn you any additional points, but all are encouraged to memorize the verse that will be provided, or feel free to memorize a verse of your choice (perhaps from your faith book) or memorize a positive affirmation

\*If you fall short one day, DO NOT QUIT! You won't get credit for that particular challenge, but that's ok. The goal isn't to do it all perfectly so you can win the grand prize. The goal is to show yourself that YOU CAN implement healthier lifestyle habits. It's all a process. Focus on Progress over Perfection.