



21-DAY BACK-TO-FITNESS CHALLENGE

YOUR CHALLENGE: STICK TO FIVE HEALTHY HABITS FOR 21 DAYS. HERE'S WHAT.

GOAL 1: MOVE DAILY. WHETHER IT'S AN HOURLONG WORKOUT OR WALKING TO WORK INSTEAD OF TAKING THE TRAIN

GOAL 2: PACK YOUR LUNCH. BRINGING YOUR OWN HEALTHY FOOD IS A SURE WAY TO KNOW WHAT'S IN YOUR FOOD

GOAL 3: DRINK MORE WATER. PACK A WATER BOTTLE. FILL IT. DRINK IT. REPEAT.

GOAL 4: SPEND 15 MINUTES TECHNOLOGY-FREE. TURN OFF YOUR TV. TAKE A WALK. MEDITATE. WHATEVER. JUST GIVE YOURSELF A BREAK FROM THE SCREEN.

GOAL 5: GIVE OFF GOOD VIBES. SAY "GOOD MORNING" TO A STRANGER. HOLD THE DOOR FOR A COLLEAGUE. DO SOMETHING NICE FOR NO REASON AT ALL.

	GOAL 1: MOVE DAILY	GOAL 2: PACK YOUR LUNCH	GOAL 3: DRINK MORE WATER	GOAL 4: 15 MIN. TECH-FREE	GOAL 5: GIVE OFF GOOD VIBES
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DAY 2					
DAY 3					
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