



# 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 YOU'RE EATING AND PUTTING IN YOUR BODY

**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					
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