

# 30 DAY CHALLENGE ACTIVITIES

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## DAY 1

- Eliminate sugar
- Take a 10 minute walk in nature
- Taking 10 mindful deep belly breaths (4 seconds in 4 seconds out)

## DAY 2

- Eliminate caffeine
- Practice mindful eating
- Practice yoga for 30-60 minutes
- Download/ save challenge document

## DAY 3

- Eliminate dairy & gluten
- Read whole foods list on website
- Make a grocery list
- Spend 5 minutes looking up at the stars

## DAY 4

- Eliminate alcohol, food additives, GMO foods
- Go shopping for clean, whole foods.
- Do something fun that makes you laugh

## DAY 5

- Eliminate all other toxic foods and eat whole foods meals all day
- Write an intention for the day
- Practice gratitude

## DAY 6

- Take a mindful minute to send love and light
- Drink 8-10 glasses of filtered water
- Do 30-60 minutes of exercise/activity

## DAY 7

- Visit website for week 2 info & planning
- Do 30 minutes of meditation
- Plan healthy meals

## DAY 8

- Eliminate animal protein
- Do something nice for someone else
- Sleep for 8 hours

## DAY 9

- Eat liver supportive foods.
- Spend 20 minutes in the morning sun
- Disconnect from negative social media

## DAY 10

- Visit the green market
- Start the day with a positive mantra
- Have a phone free night
- Spend time with your family

## DAY 11

- Visit website for week 3 planning and information
- Make grocery list
- Be mindful of your thoughts

## DAY 12

- Do yoga outside for 30 - 60 minutes
- Write 5 things you are grateful for today
- Talk to a friend

## DAY 13

- Visit the grocery for week 3 ingredients
- Spend a mindful day, paying attention to thoughts and feelings
- Get 8 hours of sleep

## DAY 14

- Have a green smoothie for breakfast
- Read and share an inspirational quote
- Take and share picture of something nature

## DAY 15

- Make juices for the day
- Remember to stay hydrated
- 30 minutes meditation
- Go to bed by 9pm

## DAY 16

- Make juices for the day
- Go for a 10 minute walk in nature
- Take 100 mindful breaths

## DAY 17

- Make juices for the day
- Visit the green market
- Start a night routine to go to bed 30 minutes earlier
- Take a mindful minute

## DAY 18

- Plan healthy meals for the rest of week 3
- Stop screen time 2 hours before bed
- Spend the night with family

## DAY 19

- Eliminate toxic behaviours
- Journal for 10 minutes
- Wear your favourite colour
- Exercise for 30 minutes

## DAY 20

- Visit website for week 4 information
- Make a grocery list
- Plan healthy meals for the day

## DAY 21

- Give back to your community
- Do an activity/ exercise for 30 minutes today
- Have your meal with someone

## DAY 22

- Start your day with 30 minutes of mediation
- End your day with 30 minutes of meditation
- Write 5 positive things about yourself

## DAY 23

- Do something that brings you joy
- Write down positive intentions of today
- Practice 60 minutes of yoga

## DAY 24

- Visit the green market
- Do someone a favour
- Watch a funny movie
- Don't watch or listen to news for the day

## Day 25

- Do a hobby
- Give a friend a hug
- Plan meals for the rest of the month
- Go grocery shopping

## DAY 26

- 60 minutes of exercise
- 30 minutes of meditation
- 10 things you are grateful for today

## DAY 27

- Try something new
- Take the stairs 5 times today
- End your day with prayer/ meditation

## DAY 28

- Have a green smoothie for breakfast
- Listen to a song that brings you joy
- Spend 10 - 20 minutes of "me" time

## DAY 29

- Review your weekly intentions
- Share your progress with us
- Post a positive quote
- Celebrate your journey

## DAY 30

- Write 10 positive things you gained from the 30 day challenge
- Share 1 with us
- Reflect on how you can live a healthy life