



Thank you for making a commitment to become a healthier version of yourself. You are worth it and you will be able to better live your life of values and purpose as you make progress towards healthier living. Please see below for all six of our core behavioral components as well as some transformation tips and challenges. **If you are ready to go “all in” commit to some/all of the following over the next 28 days: consume a whole-food plant-based diet, sleep 7-8 hours nightly, exercise 30 minutes daily, avoid tobacco, drugs and alcohol, better manage stressors and strengthen your relationships.** Throughout the challenge we ask that you challenge yourself and continue to take steps to better understand, live and share healthy living. Transformation is possible and you are on your way!



### EAT SMARTER

**Tip:** Reduce your meat, dairy and/ egg intake on most if not all days of the week.

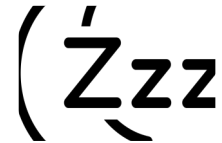
**Challenge:** Replace all animal products all or most days this week. Consider tofu scramble instead of eggs, almond milk instead of cows milk in your cereal, hummus or avocado instead of meat and cheese in your sandwich, pasta with vegetable marinara sauce, and fruit for dessert and snacks.



### MOVE MORE

**Tip:** You don't need equipment to work out at home! You can do lots of strength and conditioning exercises using just body weight.

**Challenge:** Try out this no-equipment-necessary arm workout that you can do anywhere [here!](#)



### SLEEP MORE SOUNDLY

**Tip:** Limit screen time before bed.

**Challenge:** Turn off your TV and computer and silence your phone an hour before bed and treat yourself to a self-care activity such as a good book, bubble bath or a face mask.



### MANAGE STRESS BETTER

**Tip:** Connect with nature. Spending time in nature can have a very calming and emotionally beneficial effect and can relieve feelings of worry and anxiety.

**Challenge:** Take a walk on a trail, have a picnic in a park with friends, or visit a local county or state park. If you don't have a good walking path or park nearby, set up a blanket or lawn chairs outside on your yard.



### CULTIVATE RELATIONSHIPS

**Tip:** Connect with others virtually through online or community groups.

**Challenge:** Join an online fitness community or group of people with similar health goals as you. Not only can it help to cultivate relationships and improve social health but it might encourage you to engage in other healthy habits and improve other aspects of health too!



### AVOID RISKY SUBSTANCES

**Tip:** Get rid of the alcohol in your house! If it's not accessible in your home, it won't tempt you as easily.

**Challenge:** Replace the alcohol with your favorite non-alcoholic beverages.

For an even greater challenge, replace the alcohol you were going to drink with H2O cocktails (water)!



Continue progressing in each of the 6 core areas. Keep your intentions and actions closely aligned! Click here to make [Progress!](#)