21 Day Wellness Challenge

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Minimum 2 L (1/2 Gallon) of water daily																					
Yoga / exercise (20 min. or more)																					
Meditation / prayer / spiritual practice (5 minutes or more)																					
Gratitiude journal entry																					
No alcoholic beverages																					
No juice or pop (soda)																					
Maximum 1 caffeinated coffee or tea																					
Vegetables - 5 or more servings each day + fresh fruit																					
Lunch - homemade (no take out)																					
No junk food (packaged, processed snacks/foods)																					
No refined sugar																					
Good fats - 1-3 servings																					
Healthy breakfast																					
No white bread or white pasta																					
No food for 3 hours before bed																					