

30 DAY HEALTH CHALLENGE SCHEDULE

DATE:
NOVEMBER
1-30, 2014

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TASK 1:	Nov 1-30	Get adequate rest
TASK 2	Nov 4-30	Drink 8 glasses of water
TASK 3:	Nov 7-30	Eat a rainbow of fruit and vegetables
TASK 4:	Nov 10-30	Exercise for 30 minutes per day
TASK 5:	Nov 13-30	Take care of your skin
TASK 6:	Nov 16-30	Do not eat any refined sugar
TASK 7:	Nov 19-30	Do something fun everyday
TASK 8:	Nov 22-30	Get out in fresh air (a few minutes a day despite the cold weather)
TASK 9:	Nov 25-30	Detox your body
TASK 10:	Nov 28-30	Learn something new