21 DAY CHALLENGE

PHASE 3

WEEK ONE CHALLENGE	1	2	3	4	5	6	7
Mind: Quote a daily affirmation in the mirror							
Body: Drink 68 (+) ounces of water / (4-5 bottles of water)							
Body: Get 30-45 mins of exercise / day							
Soul/Mind: Pray, meditate, or sit quietly for a min of 20 minutes/day							
Soul: Perform a random act of kindness (send a card, write a letter, visit the sick, donate money, etc.).							

WEEK TWO CHALLENGE	8	9	10	11	12	13	14
Mind: Quote a daily affirmation in the mirror							
Body: Drink 68 (+) ounces of water / (4-5 bottles of water)							
Body: Get 30-45 mins of exercise / day							
Soul/Mind: Pray, meditate, or sit quietly for a min of 20 minutes/day							
Soul: Perform a random act of kindness (send a card, write a letter, visit the sick, donate money, etc.).							

WEEK THREE CHALLENGE	15	16	17	18	19	20	21
Mind: Quote a daily affirmation in the mirror							
Body: Drink 68 (+) ounces of water / (4-5 bottles of water)							
Body: Get 30-45 mins of exercise / day							
Soul/Mind: Pray, meditate, or sit quietly for a min of 20 minutes/day							
Soul: Perform a random act of kindness (send a card, write a letter, visit the sick, donate money, etc.).							