

21 DAY CHALLENGE

PHASE 2

WEEK ONE CHALLENGE	1	2	3	4	5	6	7
Quote a daily affirmation in the mirror twice per day							
Drink 85 ounces of water / (5) bottles							
Get a minimum of 6.5 hours of sleep							
Complete a workout or yoga 1x/day for a minimum of 75 minutes							
Pray, meditate, or sit quietly for a minimum of 30 minutes per day							
Read 10 pages of a book							
WEEK TWO CHALLENGE	8	9	10	11	12	13	14
Quote a daily affirmation in the mirror twice per day							
Drink 85 ounces of water / (5) bottles							
Get a minimum of 6.5 hours of sleep							
Complete a workout or yoga 1x/day for a minimum of 75 minutes							
Write in gratitude journal							
Pray, meditate, or sit quietly for a minimum of 30 minutes per day							
Read 10 pages of a book							
WEEK THREE CHALLENGE	15	16	17	18	19	20	21
Quote a daily affirmation in the mirror twice per day							
Drink 85 ounces of water / (5) bottles							
Get a minimum of 6.5 hours of sleep							
Complete a workout or yoga 1x/day for a minimum of 75 minutes							
Write in gratitude journal							
Read 10 pages of a book							

BONUS:

- *Meatless Monday*
- *Enroll in a class (with a trainer, knitting, painting, photography, karate, cake decorating, gardening, stock trading, line dancing, etc.)*