


# YOUR WELLNESS CHALLENGE

Presented by 

BEFORE GETTING OUT OF BED, TAKE FIVE SLOW, DEEP BREATHS.



SET AN INSPIRING MANTRA AS YOUR ALARM TO START THE DAY ON A POSITIVE NOTE.



TRY SOME CAT-COW STRETCHES TO WARM UP YOUR BACK AFTER GETTING OUT OF BED.



DRINK 2 GLASSES OF WATER BEFORE YOU LEAVE THE HOUSE.



WORK UP A SWEAT WITH THIS 10-MINUTE AT-HOME HIIT WORKOUT.



PREPARE THIS TASTY, SAVORY EGG-AND-VEGGIE STRATA FOR BFASST ALL WEEK.



REMIND YOURSELF TO THINK POSITIVELY BY CHOOSING A MOTIVATIONAL ALARM TONE.



SET UP YOUR COFFEE MAKER AT NIGHT SO ALL YOU HAVE TO DO IS START IT IN THE MORNING.



PREP OVERNIGHT OATS FOR BREAKFAST TOMORROW MORNING.



APPLY A HAIR MASK IN THE SHOWER FOR EXTRASILKY STRANDS.



SIT DOWN AND EAT BREAKFAST AT THE TABLE INSTEAD OF EATING ON THE GO.



MAKE TIME TO CALL SOMEONE YOU LOVE THIS MORNING.



CHOP UP FRUITS AND VEGGIES TO KEEP IN THE FRIDGE FOR EASY, GRAB-AND-GO SNACKS.



TAKE 5 MINUTES TO MAKE YOUR BED. IT WILL BE MUCH MORE ENJOYABLE TUCKING YOURSELF IN AT NIGHT.



TREAT YOURSELF TO COFFEE OR TEA FROM YOUR FAVORITE CAFÉ TODAY.



DOWNLOAD AN INTERESTING PODCAST FOR YOUR COMMUTE.



OPT FOR A DRESS OR ROMPER SO YOU DON'T HAVE TO THINK ABOUT MATCHING.



FOLLOW THESE 8 WELLNESS TIPS TO START YOUR DAY OFF RIGHT.



NEED SOME MOTIVATION? THINK ABOUT ALL OF THE BENEFITS YOUR HARD WORK WILL BRING YOU.



MAKE BAKED EGGS WITH DELICATA SQUASH & SPINACH FOR A VEGGIE-PACKED BFASST.



RELIEVE BELLY BLOAT WITH THIS SHORT YOGA SEQUENCE.



GIVE YOURSELF AN AT-HOME FOOT MASSAGE BEFORE PUTTING ON YOUR SHOES FOR THE DAY.



SET A LIMIT ON THE AMOUNT OF TIMES YOU CAN HIT SNOOZE — AND STICK TO IT.



DO LUNGES IN PLACE WHILE YOU'RE BRUSHING YOUR TEETH.



PACK YOUR LUNCH SO YOU AREN'T TEMPTED TO ORDER DELIVERY.



SET AN INTENTION FOR YOUR DAY, THEN SPEND 5 MINUTES MEDITATING ON IT.



DON'T FORGET TO TAKE YOUR VITAMINS!



SPEND 15 MINUTES REFLECTING AND WRITING IN A JOURNAL BEFORE STARTING YOUR DAY.



ASSEMBLE SMOOTHIE MEAL PACKS TO KEEP IN THE FREEZER.



WAKE UP YOUR MUSCLES WITH A GENTLE, RELAXING YOGA SEQUENCE.



GIVE YOUR BRAIN A WORKOUT WITH A CROSSWORD PUZZLE OR SUDOKU.

