

YOUR WELLNESS CHALLENGE

Presented by 



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

MAKE PLANS FOR THIS EVENING OR TOMORROW SO YOU HAVE SOMETHING FUN TO LOOK FORWARD TO.



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

SWAP OUT YOUR MORNING COFFEE FOR A CUP OF MATCHA TEA.



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

ASSEMBLE SMOOTHIE MEAL PACKS TO KEEP IN THE FREEZER.



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

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



RELIEVE BELLY BLOAT WITH THIS SHORT YOGA SEQUENCE.

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



DRINK A GLASS OF HOT WATER WITH LEMON BEFORE BREAKFAST.

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



TRY MAKING YOUR OWN TURMERIC MILK FOR A NEW TWIST ON YOUR MORNING BEVERAGE.

WEARING LEGGINGS ALL DAY MEANS YOU'RE READY TO WORKOUT ANYTIME!



WAIT UNTIL YOU HAVE YOUR FIRST CUP OF COFFEE TO LOOK AT YOUR PHONE IN THE MORNING.

DO THESE 5 STRETCHES AS SOON AS YOU GET OUT OF BED.



RELAX WITH A COOLING EYE MASK FOR 10 MINUTES.

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.

COORDINATE YOUR MORNING COMMUTE WITH A FRIEND & CATCH UP OR LISTEN TO THIS PLAYLIST ON THE WAY.



PREP ONE OF THESE TASTY, HEALTHY, & FILLING LUNCHES FOR LATER.

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



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

KEEP EASY, GRAB-&-GO OPTIONS LIKE YOGURT IN THE FRIDGE.



TRY THESE EASY, PROTEIN-PACKED BREAKFAST RECIPES.

START YOUR DAY WITH NATURE & TAKE A WALK AROUND THE BLOCK OR EAT YOUR BREAKFAST OUTSIDE.



DON'T FORGET TO TAKE YOUR VITAMINS!

MAKE THIS KALE-BACON FRITTATA FOR A GOURMET, HEALTHY BREAKFAST.



LISTEN TO MUSIC THAT MAKES YOU FEEL GOOD WHILE YOU GET READY.

START YOUR SLOW-COOKER MEAL SO YOU'LL HAVE DINNER READY WHEN YOU GET HOME.



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