

2018 NEW YEAR'S CHALLENGE

- JAN 1: DRINK 8 CUPS OF WATER
- JAN 2: WALK FOR AT LEAST 30 MINS
- JAN 3: 1-DAY FOOD LOG
- JAN 4: CALL SOMEONE THAT YOU MISS
- JAN 5: PUT SOMETHING GREEN IN EVERY MEAL
- JAN 6: STAND UP EVERY 30 MINUTES
- JAN 7: CHECK IN AND REFLECT
- JAN 8: CAFFEINE-FREE DAY
- JAN 9: GET YOUR HEART RATE UP
- JAN 10: SAVOR EVERY SINGLE BITE
- JAN 11: START A GRATITUDE JOURNAL
- JAN 12: MORNING STRETCHING
- JAN 13: GIVE OIL PULLING A TRY
- JAN 14: CHECK IN AND REFLECT
- JAN 15: DRINK HOT WATER + ACV
- JAN 16: GET CREATIVE
- JAN 17: PANTRY-DROPPIN' GOOD CHOCOLATE CHIP COOKIES
- JAN 18: TAKE A BUBBLE BATH, BOO
- JAN 19: OUT WITH THE OLD
- JAN 20: COMPLIMENT A STRANGER
- JAN 21: BARCODE-FREE DAY
- JAN 22: CREATE A BUCKET LIST
- JAN 23: MAKE YOUR PEARLY WHITES SPARKLE
- JAN 24: PICK A FIGHT WITH YOUR PANTRY
- JAN 25: TAKE A MIRROR BREAK
- JAN 26: MAKE A FREAKIN' FRITTATA
- JAN 27: EVERY DAY IS EARTH DAY
- JAN 28: TREAT YO'SELF
- JAN 29: READ A BOOK BEFORE BED
- JAN 30: DO A CORTISOL FLUSH
- JAN 31: GET PICKY - CHOOSE YOUR FAVORITE CHALLENGE



#BALANCEDBEYARSNEWYEAR