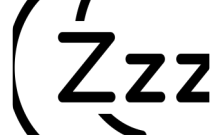


Thank you all for making a commitment to become a healthier version of yourself. You are worth it and you will be able to better live your life of values and purpose as we make progress towards healthier living. Please see below for all six of our core behavioral components as well as some transformation tips and challenges. **If you are ready to go “all in”, commit to some/all of the following: consume a whole-food plant-based diet, sleep 7-8 hours nightly, exercise 30 minutes daily, avoid tobacco, drugs, and alcohol, better manage stressors and strengthen your relationships.** Throughout the challenge we ask that you challenge yourself and continue to take steps to better understand, live and share healthy living. Transformation is possible and you are on your way!



**EAT SMARTER**

**MOVE MORE**

**SLEEP MORE SOUNDLY**

**Tip:** Start out your day right with delicious and nutritious plant based breakfasts every day this week.

**Challenge:** Try out these quick and easy healthy breakfast ideas!

[Sweet White Bean Toasts with Berries](#)

[Overnight Blueberry Oats](#)

**Tip:** Follow a workout plan or do a workout challenge to keep you on track.

**Challenge:** Follow this week-long workout challenge we’ve created under Week 2 of our Virtual Challenge tab on our website—[here!](#)

**Tip:** White noise can promote peaceful and undisturbed sleep by helping to mask sounds that could disrupt your sleep.

**Challenge:** Consider using a white noise machine to promote restful sleep or use a free white noise app on the app store, such as “White Noise Lite” or “White Noise Deep Sleep.”



**MANAGE STRESS BETTER**

**CULTIVATE RELATIONSHIPS**

**AVOID RISKY SUBSTANCES**

**Tip:** Ease tension at work or throughout your day by incorporating some stretching when you feel like you need to relax.

**Challenge:** Try out [this video](#) of quick and simple stretches you can do at your desk or office!

**Tip:** Have a virtual get together to safely connect with others during the pandemic.

**Challenge:** Plan a Zoom happy hour—no alcohol needed—just coordinate a set evening to video call and catch up with others if you can’t see them because of social distancing, or if you have friends who aren’t in the area!

**Tip:** Make mock tails instead of cocktails!

**Challenge:** Check out our favorite light and refreshing alcohol-free cocktails here!

[Mango Meyer Lemon Margarita](#)

[Frozen Peach Bellini](#)

[Sangria](#)

 Continue progressing in each of the 6 core areas. Keep your intentions and actions closely aligned! Click here to make [Progress!](#)