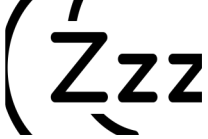


Thank you all for making a commitment to become a healthier version of yourself. You are worth it and you will be able to better live your life of values and purpose as we make progress towards healthier living. Please see below for all six of our core behavioral components as well as some transformation tips and challenges. **If you are ready to go “all in”, commit to some/all of the following over the next 28 days: 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: Try out new delicious and nutritious plant-based recipes. You may find many of them are much tastier and easier to make than you would think!
Challenge: Check out great recipes [here](#).

Tip: To lower your chances of injuries and falls, work to improve your balance. Improving your balance will also allow you to have greater muscle control and could improve coordination and overall performance!
Challenge: Try these balance exercises [here](#).

Tip: The avoidance of bright light in the evening and exposure in the morning will help to manage your circadian rhythm!
Challenge: Avoid all bright light in the evening, including electronics, and expose yourself to sunlight in the morning. Take a morning walk or eat breakfast outside, or turn on a bright indoor light if the weather is bad!



MANAGE STRESS BETTER

CULTIVATE RELATIONSHIPS

AVOID RISKY SUBSTANCES

Tip: Take time to reflect.
Challenge: Keep a gratitude journal. Write down things you are grateful for each day. This will help you focus on your accomplishments and what is going well in life. You can also write down your thoughts or feelings to help you better understand your stressors and how you react to them. Check out a template [here](#).

Tip: Volunteering is a great way to not only increase your social connections, but to relieve stress and anxiety. Volunteering and helping out others can be very rewarding and provide you with a sense of happiness and purpose. It can increase self-confidence and improve mental health too!
Challenge: Get involved in your community by finding ways to volunteer.

Tip: Enlist social support.
Challenge: Try a 21 day no alcohol challenge with your friends! Help keep each other accountable and motivated to commit to being alcohol free for the duration of the challenge. Have a reward in mind for when you successfully complete the challenge, such as a fun activity to do together at the end!

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