WEEK 3 : Fruits & Veggies / Exercise & De-Stress

**WEEKLY CHALLENGE**: Increase Fruit & Veggies!

* Eat 3-5 servings of Fruits & Veggies throughout the day.
* Ideally this will be 2 servings of Fruit (earlier in the day) and 3 servings of Veggies
* Supplementing with a quality “Greens” drink is awesome, but will not count for the purposes of this week. We want to actually EAT our veggies as well this week.

**BONUS CHALLENGE**: Exercise 30+ mins EVERY DAY / De-Stress Daily

* Track what you do daily. Ideally this is above and beyond your normal routine, but we will accept anything that is 30 minutes of continuous movement.
* ALSO track how you make a focused effort to DE-STRESS each day. This could be as little as 5 minutes. It could be as simple as meditation or prayer. Some Breath work (look up BOX Breathing). Reading is acceptable if it calms you down. Stretching/mobility work is great. Or simply laying back with your eyes closed and taking a quick nap.
* (each check mark here is worth half a point - to get the check mark you must do both the exercise AND the De-Stress work each day).

DAILY CHECKLIST (Sunday is a day “off” of the challenge but we still recommend you stick to the plan to get the best results on your follow up scan!)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | MON | TUES | WED | THURS | FRI | SAT | TOTAL |
| DAILY  3-5 Servings  (1pt / ✔) |  |  |  |  |  |  | /6 |
| BONUS  Exercise / De-stress  (.5 pt / ✔) | \_\_\_\_\_  \_\_\_\_\_ | \_\_\_\_\_  \_\_\_\_\_ | \_\_\_\_\_  \_\_\_\_\_ | \_\_\_\_\_  \_\_\_\_\_ | \_\_\_\_\_  \_\_\_\_\_ | \_\_\_\_\_  \_\_\_\_\_ | /3 |
| AB  (3 ✔ = 3 pts)  (5 ✔ = 4 pts) |  |  |  |  |  |  | /4 |
| Mobility  (2 ✔ = 1 pts)  (4 ✔ = 2 pts) |  |  |  |  |  |  | /2 |
| TOTAL  WEEKLY  SCORE |  |  |  |  |  |  | /15 |

