

# 7-DAY HEALTHY CHALLENGE



**DAY 1:**

Get moving for  
30 minutes.



**DAY 2:**

Add an extra  
scoop of veggies  
to your plate.



**DAY 3:**

Put away the  
screens 1 hour  
before bedtime.



**DAY 4:**

Go for a walk  
around your  
neighborhood.



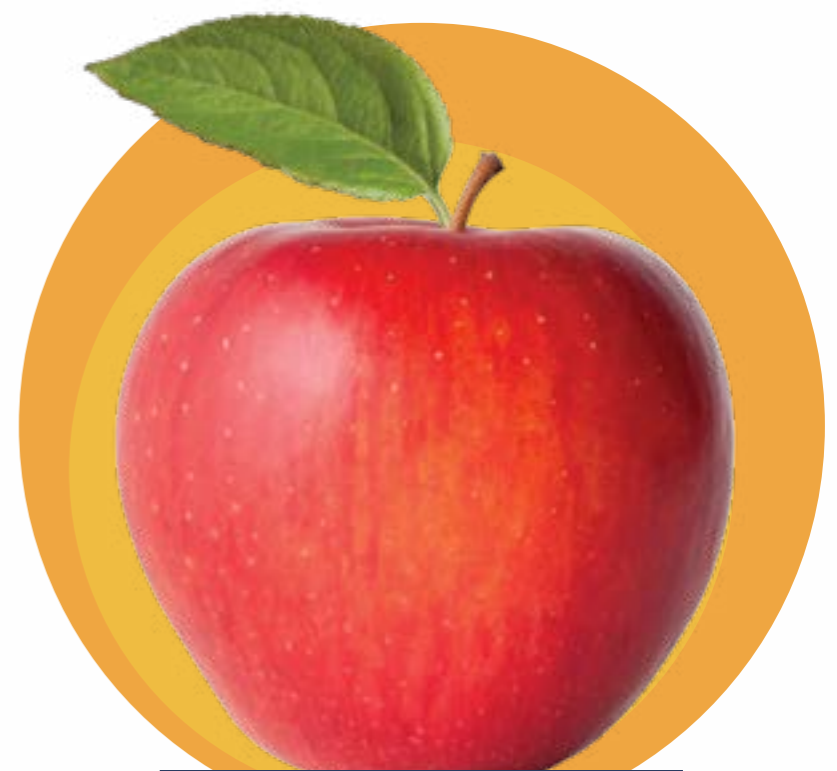
**DAY 5:**

Drink an extra  
glass of water.



**DAY 6:**

Start your morning  
with a stretch.



**DAY 7:**

Swap a sugary  
snack for  
fruit instead.

One week to a healthier you!



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