

# 21-DAY HEALTHY HACKS CHALLENGE

*SIMPLE WAYS TO STRESS LESS, EAT SMARTER,  
AND EXERCISE MORE IN JUST 3 WEEKS*

<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>
Prep your breakfast ahead of time	HIIT it, then quit it	Cool down to sleep better
<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>
Eat your water	Do yoga at your desk	Prep once, eat all week
<b>DAY 7</b>	<b>DAY 8</b>	<b>DAY 9</b>
Delete your Facebook account	Stand up for a brighter mood	Create a power workout playlist
<b>DAY 10</b>	<b>DAY 11</b>	<b>DAY 12</b>
Pack your lunch in a jar	Tense your muscles, then release	Class up your water
<b>DAY 13</b>	<b>DAY 14</b>	<b>DAY 15</b>
Squeeze workouts into your lunch hour	Hack your iron intake	Buy some workout clothes
<b>DAY 16</b>	<b>DAY 17</b>	<b>DAY 18</b>
ABCDE your skin	Hack your snack	Take the apple test
<b>DAY 19</b>	<b>DAY 20</b>	<b>DAY 21</b>
Detox with baking soda	Have fat with every meal	Sign up for a challenge

