## 30 Day Better Body Challenge

Create a shift in your energy level, time management, food cravings and lose a few pounds in the process. Commit to the following for 30 days. EAT HOME COOKED MEALS. For a shopping list, check out my Fall/Winter Clean Eating List on Checkli. The steps repeat for 30 days so you can check off your daily accomplishments! Accountability matters. :-)



## DAY 1

Eat a small, nutritious breakfast before 8-9am.
Eat your largest meal between 10:30am-2:30pm.
Eat a light meal for dinner and STOP EATING BY 8pm.
Avoid mindless snacking and walking & snacking. PREP YOUR SNACKS.
Go to bed by 10pm and get The recommended 7-9 hours (absolutely minimum, six).
EXERCISE. If you're already getting the recommended amount, consider adding more intensity/frequency or walk and take the stairs more often!
Hydrate with water, not soft drinks and tea. Take it easy on the caffeine and alcohol. (Check off if you were able to abstain from sugary/caffeinated/alcoholic beverages and got at least 64oz.!)
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