

# 30 DAY GLOW UP CHALLENGE CHECKLIST

- Drink 2L of water
- Exercise for 20 min
- Get some sun for 15 min
- Wash and moisturize your face 2 times daily
- Mild - Scrub your face and body once a day
- Hair care 2 times a week
- Engage in an outdoor activity for half an hour
- Sleep for at least 8 hours daily
- Enjoy a hot bath/shower every night

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- Replace carbs with vegetables for at least one meal
- Eat 3 portions of different fruits every day
- Pick a self - care day once a week
- Read your favorite book for at least 20 minutes
- Apply the no Wi-Fi hour daily.
- Every night before sleep take 10 minutes to journal