



TRANSFORMATION CHALLENGE

90-DAY

NEW YEAR • NEW YOU

Progress Tracker | January 15 - April 15

WATER

Drink half your bodyweight (in lbs) in ounces of water each day.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
JAN																																
FEB																																
MAR																																
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SLEEP

Get 8 hours of sleep each night.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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Meal Plan + Shopping

Each day spend time planning, shopping, prepping or enjoying a healthy meal that you've made yourself (or with the help of your friends and family)

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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Physical Activity

Move your body every day for at least 30 minutes. This could include time spent on cardio, strength or resistance training, yoga, walking, stretching, etc.

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Aluva Products + Self-LUV

Take Aluva Products and complete one act of self-LUV every day. This could be 5 minutes of meditating, journaling or getting a massage.

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