

90-DAY

NEW YEAR · NEW YOU

Progress Tracker

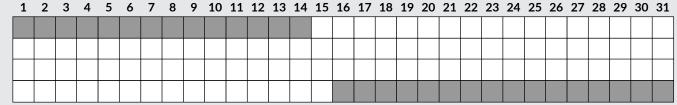
January 15 - April 15



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





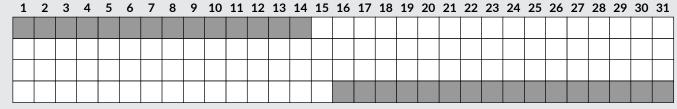


SLEEP

Get 8 hours of sleep each night.





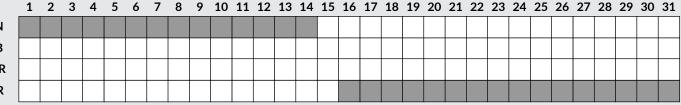


Meal Plan + Shopping

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)







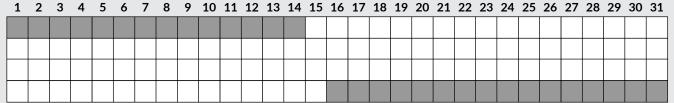
Physical Activity

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.









9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

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.





