

Improve Digestion



CHALLENGE
Practice healthy habits to improve gut health

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Practice healthy habits to improve digestion daily.
3. Use the calendar to record your actions and choices to improve gut health and digestion.
4. Review your progress at the end of each day, week, and at the end of the month. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
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HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		

_____ Number of days this month I practiced habits to improve digestion
 _____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

 Name _____ Date _____