21 Day Challenge to a Healthier You

**Day 1**

Get your baseline measurements taken. Some drug stores and big box stores will take some readings -- such as blood pressure -- without charge or at a minimal cost. Know what you weight, blood pressure, cholesterol, blood sugar readings are

Measure your chest/bust, upper arms, waist and stomach/hips.

Set goals for each week and the end of the challenge for your body measurements and weight.

**Day 2**

Invest in a reliable scale, blood pressure cuff/heart monitor.

**Day 3**

Research healthy eating programs and/or weight loss programs. Choose the program that appeals to you, fits your budget, and time constraints. You may choose more than one program. For example, a juice fast program for the first three days then whole foods. Or a low carb program for the first week to ease you into a KETO program for the remainder of the challenge.

**Day 4**

Research exercise programs. Choose a program that fits your lifestyle, budget, time constraints and motivation. Motivation is important, in that you might want to join a gym but have difficulty working in the time for the trip to and from the gym as well as the work out time. Consider any special equipment that might be needed and where you will store it. Lifting weights is a good program but requires a variety of free weights walking only requires a good pair of shoes.

**Day 5**

Check with your professional health care provider for their okay on your eating program, exercise program, and any vitamins or herbal supplements you plan on taking. Make sure any medications you take won't interact with your eating program.

**Day 6**

Design your exercise program. Go online and/or get to the library for research. Many lifestyle magazines have done-for-you exercise programs, including walking, yoga, stretching, and aerobic programs. There are also membership sites and of course DVDs.

**Day 7**

Design your menu for the week. Use the grocery store ads as a starting point. As with exercise there are a myriad of websites, blogs, magazines, and membership sites that focus on the different eating programs. You might also consider a food delivery program at least to get you started. You prepare portioned ingredients for your dinners. Another alternative is buying prepared entrees that are low calorie, low carb or vegetarian.

**Day 8**

Go through the Essential Health and Wellness Guide ad Complete the first day of measurements and ready you took a week ago.

Complete the menus for each day of the first week. At the end of the day fill in the different categories.

**Day 9**

Reward yourself for actually getting going on a healthy lifestyle. It might be boing to a movie, participating in a hobby you haven’t had time for, or taking 15 minutes to listen to music.

Stay on Your Eating Plan

Exercise

Complete the Journal for Day 2

**Day 10**

Tip for the Day: Control your blood sugar with just one tablespoon of apple cider vinegar daily. Vinegar blocks starch absorption. The slower you digest starch the more level your blood sugar.

Stay on Your Eating Plan

Exercise

Complete the Journal for Day 3

**Day 11**

Tip of the Day: Ginger fights inflation. Slice ½ inch raw gingerroot very thinly. Add it to one cup of boiling water. Steep for five minutes. Add a slice of lemon and a few dribbles of honey if you like. Ginger also aids in digestion.

Stay on Your Eating Plan

Exercise

Complete the Journal for Day 4

**Day 12**

Tip of the Day: Coconut oil has lots of uses but did you know it can cut down on bleeding gums? Swish a teaspoon of organic unrefined coconut oil after brushing in the morning and at night.

Stay on Your Eating Plan

Exercise

Complete the Journal for Day 5

**Day 13**

Tip of the Day: Eating carrots to improve your eye sight isn't an old wife's tale. Carrots are shock full of lutein. It also helps healing damaged colon cells. One cup of carrots does the trick.

Stay on Your Eating Plan

Exercise

Complete the Journal for Day 6

**Day 14**

Tip of the Day: Cut your risk of Type II diabetes by consuming three servings of dairy each day, either full fat or low fat. A serving is a glass of milk, eight ounces of yogurt or cottage cheese or an ounce of cheese.

Stay on Your Eating Plan

Exercise

Complete the Journal for Day 7

You've completed the first full week of the Essential Health and Wellness Journal and the first two weeks of the 21 day challenge. Congratulations you're doing great. Complete the weekly summary section. Did you meet your goals for the first week for weight loss? Do you need to ramp up your exercise program? What changes do you need to make?

**Day 15**

Tip of the Day: Help out your heart by eating three cups of veggies or greens daily. Sounds like a lot but really that's only about the size of a luncheon salad. Greens contain a substance that coats cholesterol so it can't attach to artery walls.

Stay on Your Eating Plan

Exercise

Complete the Journal for Day 8

**Day 16**

Tip of the Day: Water, water, and more water. Yes it prevents dehydration but it is also a natural blood thinner and prevents clots from forming. Drink ice water and your body burns extra calories bringing your body temperature back to normal.

Stay on Your Eating Plan

Exercise

Complete the Journal for Day 9

**Day 17**

Pollutants cause allergies. Keep outdoor pollutants out side your door with an oversized door mat. Remove shoes as soon as you come in. Vacuum the door mat weekly. Don’t' shake it out that just exposes you to all the pollutants the mat has captured.

Stay on Your Eating Plan

Exercise

Complete the Journal for Day 10

**Day 18**

Tip of the Day: Amp up the flavor of your food to help your heart. The flavor compounds in onions, garlic, spicy peppers and black peppercorns. Help thwart clots forming in your heart. All it takes is one tablespoon fresh or 1 teaspoon dried each day.

Stay on Your Eating Plan

Exercise

Complete the Journal for Day 11

**Day 19**

Tip of the Day: Get your ZZZ's. Lack of sleep makes you look and feel older. It also leads to weight gain. Aim for at least seven hour sleep.

Stay on Your Eating Plan

Exercise

Complete the Journal for Day 12

**Day 20**

Tip of the Day: Color code your veggies. The brighter and deeper the color, the better. That means there are more age fighting antioxidants, minerals, and vitamins. Aim for two servings at every meal.

Stay on Your Eating Plan

Exercise

Complete the Journal for Day 13

**Day 21**

Tip of the Day: Chew gum to lose weight. The scent and flavor as well as chewing action makes your brain think there's more food to digest. Chewing gum after every meal freshens your breath and signals that the meal is over.

Stay on Your Eating Plan

Exercise

Complete the Journal for Day 14

You've completed the first two weeks of the Essential Health and Wellness Journal and the 21 day challenge. Don't stop now. Keep going and complete the journal for the full 30 days. Complete the weekly summary section. Did you meet your goals for the first week for weight loss? Do you need to ramp up your exercise program? What changes do you need to make?