

WEEK 1

WALK N' TALK CHALLENGE

Take three personal or work calls while walking outdoors this week for at least for 10-20 minutes.



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— WEEK 2 —

STEP UP CHALLENGE

Step up your physical activity and use MyFitnessPal's step plans to track your goals.



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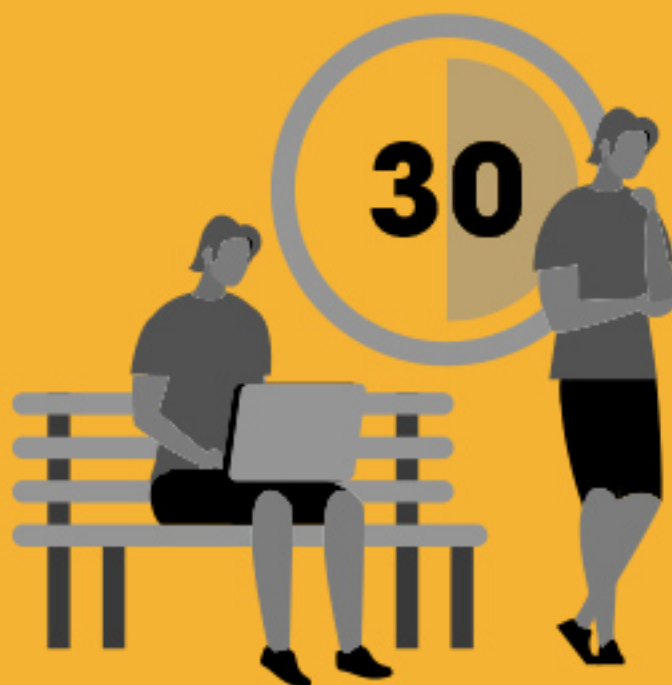
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— **WEEK 3** —

STAND UP CHALLENGE

Challenge yourself to stand up every 30 minutes for one to three minutes.



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— WEEK 4 —

5X5 MEDITATION CHALLENGE

Meditate for 5 minutes for 5 days.



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— WEEK 5 —

WATER CHECK CHALLENGE

Challenge yourself to drink more water!
Drink one more cup of water per day for 7 days
until you reach 8 glasses of water.



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DIET CHALLENGE #1

SWAP IT OUT CHALLENGE

Take one meal and beverage this week and swap it out with healthier option from MyFitnessPal's Recipe Discovery.



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DIET CHALLENGE #2

GO VEGGIE CHALLENGE

Choose one day this week to make one or all three meals vegetarian, no meat!



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