

1-2-3 MOVE. HYDRATE. MEDITATE 7 DAY Challenge!

Instructions:

Every day for 7 days you need to:

MOVE – 1 walk or movement session. Aim for minimum 20 minutes

HYDRATE – 2 Litres of nourishing fluids (think water, herbal tea)

MEDITATE – 3 minutes of meditation – being still and quiet, focusing on your breath



	1-MOVE	2-HYDRATE	3-MEDITATE
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			
DAY 6			
DAY 7			