

Poliquin Group™ 31-Day Body & Health Transformation Challenge

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		Start a 3-day food journal	Start testing your morning glucose	Start working towards your water intake goal	Eat protein for your first meal of the day	Start reading ingredients labels
6	7	8	9	10	11	12
Stretch your muscles for 5-10 mins	Remove refined carbs from your first meal	Work out	Start eating more vegetables	Replace any sugar-sweetened drinks with non-caloric options	Include protein at lunch and dinner	Start training with weights
13	14	15	16	17	18	19
Pick a set bedtime	Walk 500 steps 3-6 times/day	Eat your vegetables with protein	Get more Omega-3 fats into your diet	Enhance your workouts with higher volume, moderate loads, and shorter rest periods	Add a probiotic food into your diet	Remove meals and snacks with added sugars
20	21	22	23	24	25	26
Do 5-10 mins of deep breathing	Walk for 10,000 steps	Make your own salad dressing	Replace processed fats with healthy fat	Embrace sleep	Focus on chewing your food	Try Interval Training
27	28	29	30	31		
Avoid eating late at night	Determine what macros you want to eat daily	Use the first bites rule	Be patient	Make a health & fitness roadmap for your future goals		