

# Monthly Shred 10 Challenge

Wellness



NAME: \_\_\_\_\_

email: \_\_\_\_\_

Gluten  
Free

Stretch  
3 times  
a day

**WALK**

Caffine  
**FREE!**

**CALL  
A  
FRIEND**

**BREAKFAST  
SMOOTHIE**

**DRY  
BINGO**

READ  
a  
Book

Put  
Winter Stuff  
Away!

**Tai chi  
or  
Yoga**

**Cook  
from  
Scratch**

New Fruit  
or  
Veggie!

**CHEAT  
DAY**

**Dairy  
Free**

**7 Hours  
of Sleep**

No Sugar  
or  
Sweeteners

**Start  
a  
GARDEN**

**Water  
ONLY**

**Wall  
PUSH-UPS**

**MEDITATE**

**SHRED-IT!**

**Meatless  
MONDAYS**

**Virtual  
COOKING  
class**

**BAKE  
and  
GIVE**

**VIDEO  
FUN**

**HAVE FUN !**