|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Day 8 | Day 9 | Day 10 |
| Eat Breakfast (within 1 hr of waking) |  |  |  |  |  |  |  |  |  |  |
| 3 Meals + 1 Snack |  |  |  |  |  |  |  |  |  |  |
| 8+ Cups Water |  |  |  |  |  |  |  |  |  |  |
| No Bread or Processed Carbs |  |  |  |  |  |  |  |  |  |  |
| 6+ Veggies |  |  |  |  |  |  |  |  |  |  |
| No alcohol |  |  |  |  |  |  |  |  |  |  |
| 0-1 Cup Coffee |  |  |  |  |  |  |  |  |  |  |
| No Sweets |  |  |  |  |  |  |  |  |  |  |
| 30+ Minutes Exercise |  |  |  |  |  |  |  |  |  |  |
| 7+ Hours Sleep |  |  |  |  |  |  |  |  |  |  |

**Betsy’s 10 Day Wellness Challenge**