



Swap One Meal or Snack a day for a **FRESH JUICE!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>—</p> <p><i>Ready? Set. JUICE!</i></p> <p><input type="checkbox"/> Today's Juice: _____</p>	<p>—</p> <p><i>Have you dusted off your juicer yet?</i></p> <p><input type="checkbox"/> Today's Juice: _____</p>	<p>—</p> <p><i>What meal/snack are you swapping today?</i></p> <p><input type="checkbox"/> Today's Juice: _____</p>	<p>—</p> <p><i>What's your favorite recipe so far? Share it on FB!</i></p> <p><input type="checkbox"/> Today's Juice: _____</p>	<p>—</p> <p><i>Try a new ingredient today. Just put it in the juicer and see what happens ☺</i></p> <p><input type="checkbox"/> Today's Juice: _____</p>	<p>—</p> <p><i>Over 10 days into your new habit, feel healthier?</i></p> <p><input type="checkbox"/> Today's Juice: _____</p>	<p>—</p> <p><i>Yes, it is worth cleaning the juicer every day. Your cells are thanking you!</i></p> <p><input type="checkbox"/> Today's Juice: _____</p>
<p>—</p> <p><i>What's your favorite recipe so far? Share it on FB!</i></p> <p><input type="checkbox"/> Today's Juice: _____</p>	<p>—</p> <p><i>Have you tried cauliflower or broccoli stalks? I call them craving kickers!</i></p> <p><input type="checkbox"/> Today's Juice: _____</p>	<p>—</p> <p><i>Share your health! Who do you love that gets to try a juice today?</i></p> <p><input type="checkbox"/> Today's Juice: _____</p>	<p>—</p> <p><i>Anything you used to crave that you no longer think about?</i></p> <p><input type="checkbox"/> Today's Juice: _____</p>	<p>—</p> <p><i>Need a drink? How about an alcohol free raw juice cocktail?</i></p> <p><input type="checkbox"/> Today's Juice: _____</p>	<p>—</p> <p><i>It's possible you've absorbed more vegetable nutrition in 26 days than the past 26 weeks!</i></p> <p><input type="checkbox"/> Today's Juice: _____</p>	<p>—</p> <p><i>Post something happy on the 30 Day Challenge Series FaceBook page!</i></p> <p><input type="checkbox"/> Today's Juice: _____</p>
<p>—</p> <p><i>Who have you inspired through your healthy habits?</i></p> <p><input type="checkbox"/> Today's Juice: _____</p>	<p>—</p> <p><i>Is Juicing your new healthy habit?/?</i></p> <p><input type="checkbox"/> Today's Juice: _____</p>	<p>—</p> <p><i>Is Juicing your new healthy habit?/?</i></p> <p><input type="checkbox"/> Today's Juice: _____</p>	<p>—</p> <p><i>Is Juicing your new healthy habit?/?</i></p> <p><input type="checkbox"/> Today's Juice: _____</p>	<p>—</p> <p><i>Is Juicing your new healthy habit?/?</i></p> <p><input type="checkbox"/> Today's Juice: _____</p>	<p>—</p> <p><i>Is Juicing your new healthy habit?/?</i></p> <p><input type="checkbox"/> Today's Juice: _____</p>	<p>—</p> <p><i>Is Juicing your new healthy habit?/?</i></p> <p><input type="checkbox"/> Today's Juice: _____</p>

YOU CAN DO ANYTHING YOU THINK YOU CAN!

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