

June Jumpstart

to healthy habits!



@bewellwithsteph_
@basicallybaker

Monday 6/3	Tuesday 6/4	Wednesday 6/5	Thursday 6/6	Friday 6/7	Saturday 6/8	Sunday 6/9
move your body for 10 mins	move your body for 10 mins	move your body for 10 mins	move your body for 10 mins	move your body for 10 mins	move your body for 10 mins	move your body for 10 mins
eat something green	eat something green	eat something green	eat something green	eat something green	eat something green	eat something green
read or listen for 10 mins	read or listen for 10 mins	read or listen for 10 mins	read or listen for 10 mins	read or listen for 10 mins	read or listen for 10 mins	read or listen for 10 mins
BONUS: Get up 15 mins earlier & use the time for self-care!	BONUS: Don't eat foods with added sugar!	BONUS: Bump your exercise up to 30 mins!	BONUS: Make one of your meals plant-based!	BONUS: Grab a friend/family member & exercise together	BONUS: Drink ½ your weight in water (oz)	BONUS: Plan your menu or workouts for the week - the challenge doesn't stop here!

CHALLENGE RULES:

1

Follow the hosts.

Follow @bewellwithsteph_ & @basicallybaker

2

Tag a friend.

Invite someone to join you on this challenge.

3

Capture it daily.

Tag us! You get an entry for each post/tag.

4

Close counts.

You don't have to be perfect! If you miss something, keep going. :)