Rediscover Health & Wellbeing Challenge

This month's assignment challenges you to take small steps to help support a healthy gut by completing the assessments, creating goals and a checklist to follow in order to earn points!

Mame: Personal Calendar

MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4 <u>Start</u>	5	6	7	8	9	10 FINISH
<u>START</u> 11	12	13	14	15	16	17 EXIST
18 <u>Start</u>	19	20	21	22	23	24
<u>Start</u> 25	26	27	28	29	30	31



My Total Points (earn up to 50 points)

MARCH 2024



5 points Llistén ñagt blgalth gaut Feelings 5 points Checking in with your Poop 5 points 5 points 5 points 1 How diverse is your GM 5 points 1 Ldokint gaftye aye YoGM Checklist & Set Goals Start by setting your 3 goals (pg. 16 in your Gut Action Plan) which should be driven by your assessment results from above. Then select 3 items from the checklist (pg. 15) to assist meeting your goals for the next 4 weeks. Track below for points!			
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Bonus Po	r, March 10th		\
y, March 10th complete your set checklist and goals for the week?)	complete your set checklist and goals for the we	ek?)	/5p

Gut Health Action Plan Assessments

(did you complete your set checklist and goals for the week?)

Sunday, March 24th (did you complete your set checklist and goals for the week?)

Sunday, March 31st (did you complete your set checklist and goals for the week?) 5 points 5 points

5 points