

# Rediscover Health & Wellbeing Challenge

# MARCH 2024

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!

Name: \_\_\_\_\_

## Personal Calendar

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



### Gut Health Action Plan Assessments

- Is My Gut Healthy?**
5 points
- Listening to my Gut Feelings**
5 points
- Checking in with your Poop**
5 points
- How diverse is your GM**
5 points
- How happy are you? GM Checklist & Set Goals**
5 points

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!

**My Total Points**  
(earn up to 50 points)

### Bonus Points

- Sunday, March 10th**  
*(did you complete your set checklist and goals for the week?)*
 5 points
- Sunday, March 17th**  
*(did you complete your set checklist and goals for the week?)*
 5 points
- Sunday, March 24th**  
*(did you complete your set checklist and goals for the week?)*
 5 points
- Sunday, March 31st**  
*(did you complete your set checklist and goals for the week?)*
 5 points