

SLEEK GEEK
HEALTH REVOLUTION



DAY 1 Do a Simple 5 Workout	DAY 2 Know Your Deep Why	DAY 3 Hit Your Steps Goal	DAY 4 Load Up On Protein	DAY 5 Strengthen Your Core
DAY 6 Do Some Breathwork	DAY 7 Go For A Walk	DAY 8 Learn Something New	DAY 9 Do a Sweaty 5 Workout	DAY 10 Stay Hydrated
DAY 11 Opportunities For Movement	DAY 12 Get Enough Sleep	DAY 13 Do Some Self-Maintenance	DAY 14 De-Stress	DAY 15 Do a Strong 5 Workout
DAY 16 Practice Self-Compassion	DAY 17 Spend Less Time Sitting	DAY 18 Plan For a Great Day	DAY 19 Work On Your Mobility	DAY 20 The Power of Music
DAY 21 Have Some Active Fun	21-Day Get Moving Challenge Tracker			