

3 MONTH HEALTH CHALLENGE

TRANSFORM YOUR HEALTH WITH
IMPLEMENTING ONE NEW HABIT
EVERY WEEK FOR 12 WEEKS.

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1

**DRINK AT LEAST
2L OF WATER
A DAY**

**2 EAT BREAKFAST
WITHIN ONE HOUR
OF WAKING**

3

**SLEEP AT LEAST
SEVEN HOURS
A NIGHT**

4 **AVOID CARBS &
JUNK FOOD
AFTER 4PM**

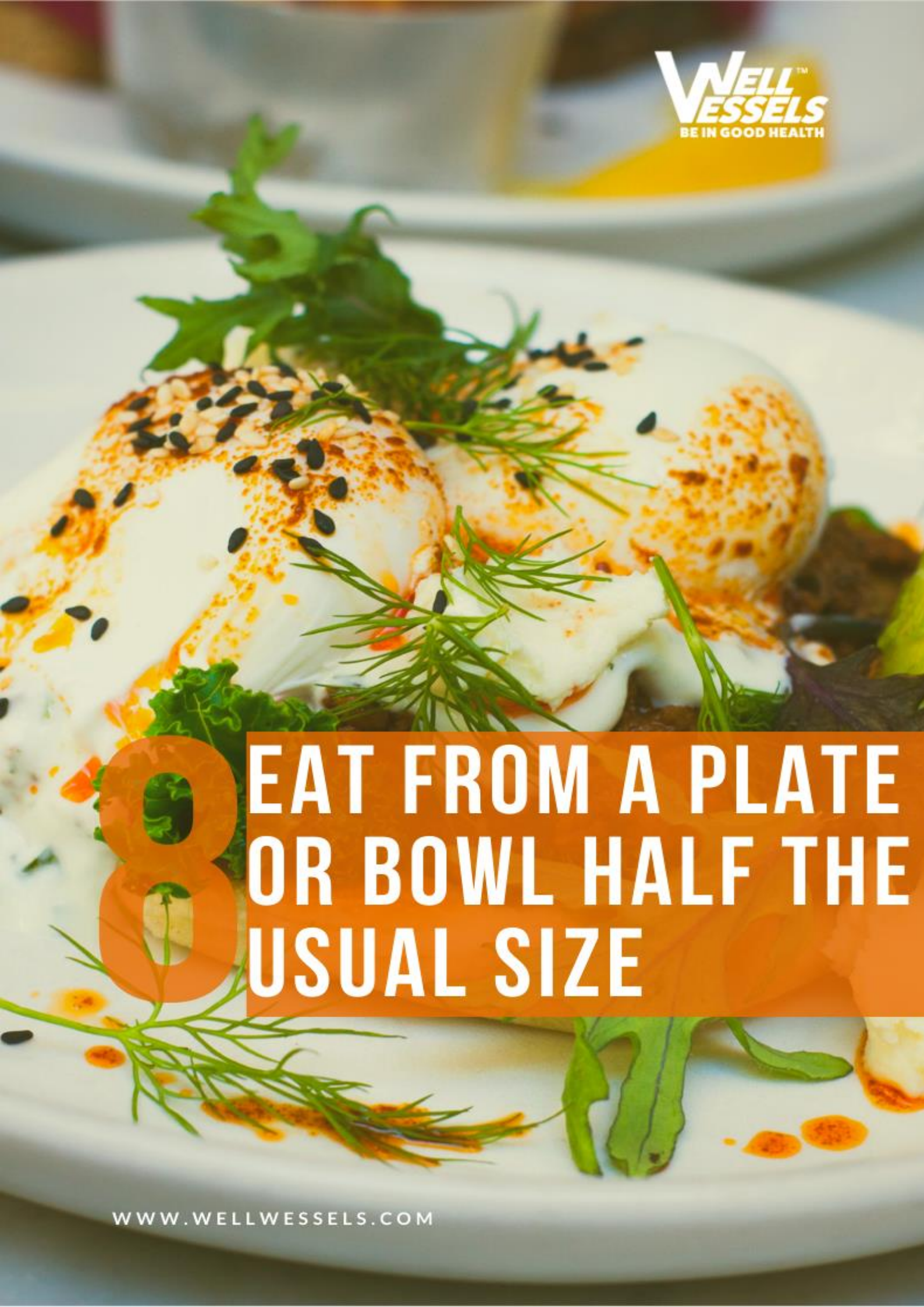
5

**DON'T ADD SUGAR
IN COFFEE, TEA
& CEREALS**

6

**EAT APPROX. TWO
CUPS OF VEG
A DAY**

7 **EAT APPROX. ONE
CUP OF FRUIT
A DAY**



8

**EAT FROM A PLATE
OR BOWL HALF THE
USUAL SIZE**



9

**PRACTICE SELF-
CARE AT LEAST 3X
THIS WEEK**

A close-up photograph of a hand with pink nail polish holding a glass of orange juice. An orange slice is perched on the rim of the glass. The background is a blurred outdoor scene with green foliage and a person's arm.

10 AVOID SODAS & ENJOY OTHER JUICES

1 1

**NO BRIGHT LIGHTS
& SMART DEVICES
1HR BEFORE BED**



12 **EXERCISE
AT LEAST 20 MIN
3X A WEEK**

CONGRATULATIONS ON COMPLETING 12 CHALLENGES



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