

# #MyHealthMatters

## CHALLENGE

### **Welcome to Day 1 of the My Health Matters Challenge!**

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Day 1 is all about **RELEASE**.

Step 1 of resetting your health is detoxing your mind, emotions, and body.

1. What are your goals over the next 5 Days?

2. How much weight would you like to release over the next 15 - 30 days?

3. On a scale of 1 - 10, how dedicated are you to these goals? Why did you choose that rating?

4. What do you want to release?

5. What areas of your life do you want to detox?

6. What are you going to release mentally?

7. What are you going to release emotionally?

8. What are you going to release physically?

9. What foods are you going to release?

10. What else do you need to release? Don't be afraid to go deep.