21 DAY RAW BEAUTY Challenge

Start Date: End Date:

My “New Me” is...

Accountibility Buddy:

My Reward:

Action  **Repetition**  **Tracking**  **Accountability**

Week One

	M	T	W	T	F	S	S
Read Raw Beauty Declaration Morning / Evening							
Daily Diary Community Post Check-In							
10-15 Minute New You Intention Visualization							
8-10 Veg Super Salad							
100% Raw Day							

Week Two

	M	T	W	T	F	S	S
Read Raw Beauty Declaration Morning / Evening							
Daily Diary Community Post Check-In							
110-15 Minute New You Intention Visualization							
8-10 Veg Super Salad							
100% Raw Day							

Week Three

	M	T	W	T	F	S	S
Read Raw Beauty Declaration Morning / Evening							
Daily Diary Community Post Check-In							
10-15 Minute New You Intention Visualization							
8-10 Veg Super Salad							
100% Raw Day							