



Whole Body Wellness
by Kendra

21 Day Challenge

Day 1

Healthy Eating Challenge: Kitchen/Pantry Purge

Healthy Eating Challenge: Restock Preparation

Lifestyle: Prepping the Essentials

Exercise: Increase Daily Movement

Day 2

Healthy Eating Challenge: Shopping Spree

Lifestyle: Calm, Relaxing Evening; and a Good Quality Sleep

Exercise: Moderate Duration Aerobic Workout

Day 3

Healthy Eating Challenge: Plan a Celebration Dinner

Healthy Eating Challenge: Boycott Industrialized Food

Lifestyle: Play

Exercise: Full-Length Essential Movement Workout



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Day 4

Healthy Eating Challenge: Honor Hunger

Lifestyle: Standup Work Station

Exercise : Aerobic Adventure

Day 5

Healthy Eating Challenge: Modern Foraging

Lifestyle: Active Couch Potato Rebellion

Exercise: Abbreviated Essential Movement Workout

Day 6

Healthy Eating Challenge: Celebration Dinner

Lifestyle: Listening Challenge

Exercise: Extended Duration Aerobic Workout

Day 7

Healthy Eating Challenge: Intuitive Meals

Exercise + Lifestyle: Grand Play Outing



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Day 8

Healthy Eating Challenge: No Labels Challenge

Lifestyle: Tiptoe Into the Barefoot World

Exercise: Sprint Workout

Day 9

Healthy Eating Challenge: Track Macronutrient Intake

Lifestyle: Media Fast

Exercise: Increase Daily Movement, Part 2

Day 10

Healthy Eating Challenge: Eating Environment

Lifestyle: Email Fast

Exercise: Workout of the Week

Day 11

Healthy Eating Challenge: Create a Recipe

Lifestyle: Work Peak Performance

Exercise: Moderate Duration Aerobic Workout



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Day 12

Healthy Eating Challenge: Go Coco-nuts

Lifestyle: Nurture Your Intimate and Social Circles

Exercise: Essential Movement Workout

Day 13

Healthy Eating Challenge: Top of Spectrum

Lifestyle: Get Adequate Sunlight

Exercise: Moderate Duration Aerobic Workout

Day 14

Healthy Eating Challenge: Macro Analysis

Healthy Eating Challenge: Intermittent Fast Alert

Lifestyle: Reflection

Exercise: Rest Day

Day 15

Healthy Eating Challenge: Intermittent Fast #1

Lifestyle: Cave Time

Exercise: High – Intensity Challenge



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Day 16

Healthy Eating Challenge: Go Local

Lifestyle: Calm, Relaxing Evening #2

Exercise: Moderate Duration Aerobic Workout

Day 17

Healthy Eating Challenge: Modern Foraging #2

Lifestyle: Reach Out

Exercise: Full-Length Essential Movement Workout

Day 18

Healthy Eating Challenge: Kitchen/Pantry Purge #2

Lifestyle: Use Your Brain

Exercise: Moderate Duration Aerobic Workout

Day 19

Healthy Eating Challenge: Go Local #2

Healthy Eating Challenge: – I.F. Alert

Lifestyle: Mini Play Breaks

Exercise: Sprint Workout



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Day 20

Healthy Eating Challenge: Intermittent Fast #2

Lifestyle: 10 Changes

Exercise: Extended Duration Aerobic Workout

Day 21

Healthy Eating Challenge: Sensible Indulgences

Lifestyle: Reflection

Exercise: Full-Length Essential Movement Workout