

Mind CHALLENGES CHALLENGES

Before digging deep in the box, open your Stress Away!

TEAM.	COM	-	Ro	ll it on the back o	f the neck!	
CHALLENGE 1	CHALLENGE 2	CHALLENGE 3	CHALLENGE 4	CHALLENGE 5	CHALLENGE 6	CHALLENGE 7
Drank 2 oz. packet of NingXia □ Grams of Sugar today:, and walked 30 minutes □ completed	Drank 2 oz. packet of NingXia □ Add Nitro □ Grams of Sugar today:, and walked 30 minutes □ completed	Drank 2 oz. packet of NingXia □ Grams of Sugar today:, and walked 30 minutes □	Drank 2 oz. packet of NingXia □ Add Nitro □ Grams of Sugar today:, and walked 30 minutes □ completed	Drank 2 oz. packet of NingXia □ Grams of Sugar today:, and walked 30 minutes □ COMPLETED	Drank 2 oz. packet of NingXia □ Add Nitro □ Grams of Sugar today:, and walked 30 minutes □ COMPLETED	Drank 2 oz. packet of NingXia □ Grams of Sugar today:, and walked 30 minutes □ COMPLETED
CHALLENGE 8	CHALLENGE 9	CHALLENGE 10	CHALLENGE 11	CHALLENGE 12	CHALLENGE 13	CHALLENGE 14
Drank 2 oz. packet of NingXia □ Add Nitro □ Grams of Sugar today:, and walked 30 minutes □ COMPLETED	Drank 2 oz. packet of NingXia □ Grams of Sugar today:, and walked 30 minutes □ COMPLETED	Drank 2 oz. packet of NingXia □ Add Nitro □ Grams of Sugar today:, and walked 30 minutes □ completed □	Drank 2 oz. packet of NingXia □ Grams of Sugar today:, and walked 30 minutes □ COMPLETED	Drank 2 oz. packet of NingXia □ Add Nitro □ Grams of Sugar today:, and walked 30 minutes □ completed □	Drank 2 oz. packet of NingXia □ Grams of Sugar today:, and walked 30 minutes □ COMPLETED	Drank 2 oz. packet of NingXia □ Add Nitro □ Grams of Sugar today:, and walked 30 minutes □ COMPLETED
CHALLENGE 15	CHALLENGE 16	CHALLENGE 17	CHALLENGE 18	CHALLENGE 19	CHALLENGE 20	CHALLENGE 21
Drank 2 oz. packet of NingXia □ Grams of Sugar today:, and walked 30 minutes □ COMPLETED	Drank 2 oz. packet of NingXia □ Add Nitro □ Grams of Sugar today:, and walked 30 minutes □ COMPLETED	Drank 2 oz. packet of NingXia □ Grams of Sugar today:, and walked 30 minutes □ COMPLETED	Drank 2 oz. packet of NingXia □ Add Nitro □ Grams of Sugar today:, and walked 30 minutes □ completed	Drank 2 oz. packet of NingXia ☐ Grams of Sugar today:, and walked 30 minutes ☐ COMPLETED	Drank 2 oz. packet of NingXia □ Add Nitro □ Grams of Sugar today:, and walked 30 minutes □ completed	Drank 2 oz. packet of NingXia ☐ Grams of Sugar today:, and walked 30 minutes ☐ COMPLETED
CHALLENGE 22	CHALLENGE 23	CHALLENGE 24	CHALLENGE 25	CHALLENGE 26	CHALLENGE 27	CHALLENGE 28
Drank 2 oz. packet of NingXia □ Add Nitro □ Grams of Sugar today:, and walked 30 minutes □ completed □	Drank 2 oz. packet of NingXia □ Grams of Sugar today:, and walked 30 minutes □ COMPLETED	Drank 2 oz. packet of NingXia □ Add Nitro □ Grams of Sugar today:, and walked 30 minutes □ completed	Drank 2 oz. packet of NingXia □ Grams of Sugar today:, and walked 30 minutes □ COMPLETED	Drank 2 oz. packet of NingXia □ Add Nitro □ Grams of Sugar today:, and walked 30 minutes □ completed ○	Drank 2 oz. packet of NingXia □ Grams of Sugar today:, and walked 30 minutes □ COMPLETED	Drank 2 oz. packet of NingXia □ Add Nitro □ Grams of Sugar today:, and walked 30 minutes □ COMPLETED
CHALLENGE 29	CHALLENGE 30	CHALLENGE 31	Bonus Chall	enge #1	Bonus Chall	enge #1
Drank 2 oz. packet of NingXia □ Grams of Sugar today:, and walked 30 minutes □	Grams of Sugar today:, and walked 30 minutes □	Grams of Sugar today:, and walked 30 minutes \square	Pop some Thieves mints fr and use the Thieves Hand 102 Thieves class! Then get plugged into a 10	Sanitizer, then get to a of Oils and 104 CBD class!	Take the 3 - cabinet challe cabinets, read the label, a the simple swap with pure	nd swap it out with
COMPLETED	COMPLETED	COMPLETED	Find the classes for free at	oilabilityteam.com/unstuck	Starting Weight:	Ending Weight: