

## 30-DAY AVOID FIBROID DOMINANCE CHALLENGE

COMPLETE FIBROIDWELLBEING <u>RISK QUIZ</u> 1	<i>TALK TO YOUR DOCTOR ABOUT FIBROIDS</i> 2	ADD ONE BLOCKER TO YOUR WEEKLY GROCERY LIST 3	QUIT ONE PROMOTER FROM YOUR WEEKLY GROCERY LIST 4	<u>PREPARE A FIBROIDWELLBEING SMOOTHIE OR DRINK</u> 5
COMPLETE YOUR ACTIVITY PLAN. EXERCISES YOU LIKE 6	TAKE A 30 MINUTE POWER WALK 7	WRITE DOWN YOUR CAREER GOALS 8	FIND YOUR BEST WORK/LIFE BALANCE OPTION 9	PREPARE A FIBROIDWELLBEING SMOOTHIE OR DRINK 10
COMPLETE YOUR DE-STRESS PLAN. 3 THINGS THAT STRESS. 3 THINGS THAT RELAX. 11	DO 1 OF THE 3 THAT RELAX 12	QUIT 1 OF THE 3 THINGS THAT STRESS YOU 13	DISCUSS WITH FAMILY AND FRIENDS ABOUT THEIR EXPERIENCE OF FIBROIDS 14	PREPARE A FIBROIDWELLBEING SMOOTHIE OR DRINK 15
ADD 1 FREE FROM HARMFUL SUBSTANCE HAIR/BEAUTY PRODUCT TO YOUR WEEKLY GROCERY LIST 16	QUIT HARMFUL SUBSTANCE HAIR/BEAUTY PRODUCTS FROM YOUR WEEKLY GROCERY LIST 17	<u>START OVERCOME FIBROID DOMINANCE NATURALLY COURSE</u> 18	TAKE A 45 MINUTE POWER WALK 19	PREPARE A FIBROIDWELLBEING SMOOTHIE OR DRINK 20
DO 2 OF THE 3 THAT RELAX 21	ADD 1 ORGANIC FOOD ITEM TO YOUR WEEKLY GROCERY LIST 22	THINK PLAN OF 'HOME OFFICE' 23	CHECK CLASSES AT YOUR LOCAL GYM. THINK FUN! 24	PREPARE A FIBROIDWELLBEING SMOOTHIE OR DRINK 25
MAKE 1 NATURAL DIY HAIR/BEAUTY PRODUCT 26	QUIT 2 OF THE 3 THINGS THAT STRESS YOU 27	REFLECT AND MEASURE PROGRESS! 28	PREPARE A FIBROIDWELLBEING SMOOTHIE OR DRINK 29	MY WHY: MY 90-DAY GOAL: 30