

21-Day Immunity Challenge

Week 1: Nutrition

- ☐ **MONDAY:** Cut out processed foods and sweeten your food with pure maple syrup or raw honey.
- ☐ **TUESDAY:** Eat more fiber (25–35g/day).
- ☐ **WEDNESDAY:** Eat gut-healthy foods like prebiotics, probiotics, fermented vegetables, yogurt and kombucha to promote gut health.
- ☐ **THURSDAY:** Learn about the “dirty dozen” and “clean 15”.
- ☐ **FRIDAY:** Replace saturated fats for cooking with olive oil, avocado oil or coconut oil.
- ☐ **SATURDAY:** Consider intermittent fasting under the supervision and guidance of a licensed dietitian.
- ☐ **SUNDAY:** Replace alcohol with mocktails.

Week 2: Stress Management

- ☐ **MONDAY:** Make plans with a friend.
- ☐ **TUESDAY:** Limit stressors.
- ☐ **WEDNESDAY:** Take the time to read, listen to music and unwind.
- ☐ **THURSDAY:** Use deep breathing techniques or take a yoga class.
- ☐ **FRIDAY:** Try guided meditation.
- ☐ **SATURDAY:** Take a walk outdoors or on the treadmill.
- ☐ **SUNDAY:** Integrate a combination of lifting and cardiovascular endurance exercises daily.



Week 3: Sleep

- ☐ **MONDAY:** Set a goal for bedtime.
- ☐ **TUESDAY:** Eliminate distractions prior to sleeping.
- ☐ **WEDNESDAY:** Create a blue light-free zone two hours before bedtime.
- ☐ **THURSDAY:** Set up ideal sleeping conditions.
- ☐ **FRIDAY:** Avoid eating for at least three hours before bedtime.
- ☐ **SATURDAY:** Use a sleep app to aid in relaxation.
- ☐ **SUNDAY:** Limit screen time on devices prior to sleeping.