

MASTER MOMENTUM IN MAY CHALLENGE 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
			<input type="radio"/> Protein 1 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 2 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 3 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 4 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal		
		<input type="radio"/> Protein 5 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 6 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 7 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 8 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 9 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 10 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 11 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal
		<input type="radio"/> Protein 12 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 13 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 14 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 15 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 16 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 17 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 18 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal
		<input type="radio"/> Protein 19 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 20 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 21 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 22 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 23 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 24 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 25 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal
		<input type="radio"/> Protein 26 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 27 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 28 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 29 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 30 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	<input type="radio"/> Protein 31 <input type="radio"/> Water <input type="radio"/> 20 min Exercise <input type="radio"/> AM/PM alarm <input type="radio"/> 2 min journal	

Join private Facebook group: Master Momentum 30-Day Challenge

MASTER MOMENTUM CHALLENGE IN MAY 2024

Details

Challenge runs Wednesday, May 1 - Friday, May 31

Goals: Increase energy levels; improve physical fitness, mindfulness, sleep & nutrition



SCAN ME

DAILY TASKS

- **NUTRITION: Eat 1-2 palm size portions of protein at each meal**

- FOR OPTIMAL SUCCESS:

- Eat 4-6 palm size portions of protein daily
- Eat 6-8 fist size portions of vegetables daily
- Limit added sugar

- **HYDRATION: Drink 64 oz (minimum) of water daily**

- FOR OPTIMAL SUCCESS:

- Carry a water bottle with you and refill throughout the day
- Limit sugar, sweetened and alcoholic beverages
- Add a lime or lemon wedge for flavor

- **EXERCISE: 20 minutes of exercise of choice daily**

- FOR OPTIMAL SUCCESS:

- 2 days strength or resistance training
- Walk whenever possible

- **SLEEP: Set a bedtime and wake time alarm daily**

- FOR OPTIMAL SUCCESS:

- Limit screen time after bedtime alarm
- Create bedtime routine
- Limit food within 2 hours of bedtime

- **MINDFULNESS: Journal 2 minutes (minimum) daily**

- FOR OPTIMAL SUCCESS:

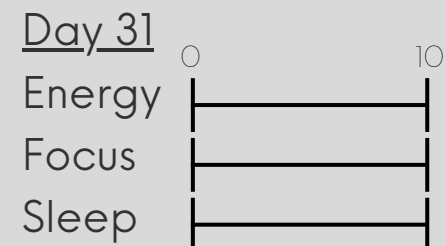
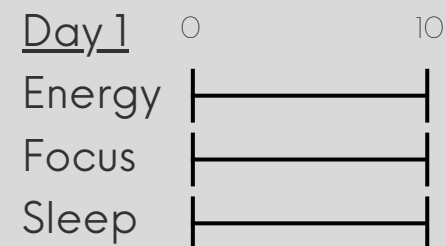
- Daily prayer or meditation
- Positive affirmations

Fill out the tracker all 31 days and get your name into a drawing for a **50-minute Health Coaching session!**

Progress Tracker

Rate your energy, focus, and sleep on day 1 of the challenge, and again at day 31.

0 = low or none, 10 = high or exceptional



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