

The gutsy challenge

Gut bacteria can have a direct effect on your health, energy levels and even your moods and well-being.¹ This challenge was created to help you focus on some basic changes you can make to help cultivate a healthy gut. During each week of this challenge, you'll focus on one area of your life that affects gut health. Pick at least one lifestyle change to try. Consider involving friends, co-workers and family, as they are often a great source of encouragement and might even participate in the challenge alongside you.

Week 1: Maintain a healthy diet

Goal: Use at least one suggestion each day to help maintain a healthy diet.
Insert a check mark if you complete the item.

	SUN	MON	TUES	WED	THURS	FRI	SAT
Each day, eat at least five servings of superfoods, such as asparagus, onions, leeks, artichokes, bananas, blueberries, beans or polenta.							
Make half your plate broccoli or other cruciferous vegetables.							
Try a fermented plant food such as kimchi, sauerkraut or tempeh.							
Have active yogurt as a dessert alternative.							
<i>My own goal:</i>							

Week 2: Focus on your sleep

Goal: Use at least one suggestion each day to focus on sleeping habits.
Insert a check mark if you complete the item.

	SUN	MON	TUES	WED	THURS	FRI	SAT
Ensure you are in bed for at least seven hours a night.							
Limit stimulants such as caffeine for at least two hours before bedtime.							
Limit electronic screen time an hour before bedtime.							
Give yourself time to unwind before going to bed.							
<i>My own goal:</i>							

Week 3: Increase your physical activity

Goal: Use at least one suggestion per day to increase physical activity.
Insert a check mark if you complete the item.

	SUN	MON	TUES	WED	THURS	FRI	SAT
Go for a walk with a family member, friend or co-worker.							
Take the stairs instead of the elevator or escalator three times a day.							
Schedule at least three workouts for the week and commit to complete each.							
Ask a friend to join you for a workout.							
My own goal:							

Week 4: Reduce your stress

Goal: Use at least one suggestion per day to help reduce stress.
Insert a check mark if you complete the item.

	SUN	MON	TUES	WED	THURS	FRI	SAT
Practice gratitude by writing down three good things that happened today.							
Set aside 5 – 10 minutes to pray, meditate or reflect on someone you love, while practicing deep breaths.							
Watch a funny movie with a friend or family member.							
Share your concerns or feelings with a trusted friend.							
My own goal:							

Your name: _____

Date: _____

Your signature: _____

Thank you for participating in this challenge!

Sources:

1. Agricultural Research Service, U.S. Department of Agriculture. Keeping a Healthy Gut, September 26, 2022. Available from www.ars.usda.gov.

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