

# 30 steps challenge!

## TO THE NEW YOU

### Health

1. Try a new shake recipe.
2. Do 30 pushups.
3. Do the Fit3 Beginner Cardio Workout.
4. Make a new healthy recipe for dinner.
5. Stretch for 15 minutes.
6. Pack your lunch and snacks for the day.
7. Do 30 squats.
8. Do the Fit3 Intermediate HIIT Workout.
9. Try a Reliv recipe from Instagram @RelivInternational.
10. Do the Fit3 Beginner Circuit Workout.
11. Do 30 crunches.
12. Get at least 8 hours of sleep.
13. Schedule your annual wellness exam or other health screening.
14. Run or walk 1 mile.
15. Do the Fit3 Active Recovery Workout.
16. Write down ALL of your food for a day.
17. Try a group fitness class.
18. Meditate for 30 minutes.
19. Drink a glass of water before each meal.
20. Do the Fit3 Beginner Circuit Workout #2.
21. Try "Meatless Monday"
22. Do the Fit3 Intermediate Circuit Workout.
23. Drink a shake with Reliv Now® (Whey or Soy).
24. Do the Fit3 Beginner Strength Training Workout.
25. Do 30 lunges on each leg.
26. Do a morning workout.
27. Do the Fit3 Sculpt & Tone Workout.
28. Share a Reliv shake with a friend.
29. Dance for 10 minutes.
30. Do a lunch-hour workout.



# Business

1. Revisit ICSAR training videos.
2. Watch the new opportunity presentation.
3. Download the Reliv Mobile App.
4. Listen to the Reliv Podcast.
5. Review your ICSAR list.
6. Invite a friend to Reliv Live in Orlando.
7. Write down your 1-minute story.
8. Set up 2 appointments per week.
9. Host a shake party.
10. Host a success training.
11. Subscribe to Reliv emails.
12. Sign up for Reliv text messages.
13. Share the "Why Reliv?" video with someone new.
14. Create a Facebook Group.
15. Watch a Michaela Monday on the Reliv Facebook Page.
16. Reach out to your mentor.
17. Mentor your downline.
18. Attend a friend's shake party.
19. Attend a networking event.
20. Share Reliv with someone new.
21. Create S.M.A.R.T. goals for your business.
22. Share your favorite Reliv video with 5 new people.
23. Create a home office space for your business.
24. Follow Reliv on social media.
25. Share an article from the Reliv Blog.
26. Write thank you notes to your customers.
27. Practice your 1-minute story.
28. Share your 1-minute story with someone new.
29. Register for Reliv Live.
30. Get 5 new customers.



- 1. Rewrite your "Why."
- 2. Write a letter to your future self.
- 3. Try a new hobby.
- 4. Donate to the Reliv Kalogris Foundation.
- 5. Read an inspiring book.
- 6. Learn a new word.
- 7. Make your bed.
- 8. Sing out loud.
- 9. Make a new friend.
- 10. Reconnect with an old friend.
- 11. Make a "to do" list and do it.
- 12. Compliment a stranger.
- 13. Have dinner with your family.
- 14. Volunteer an hour of community service.
- 15. Do an anonymous good deed.
- 16. Declutter one cabinet or closet.
- 17. Watch a TED Talk.
- 18. Call someone who needs encouragement.
- 19. Visit a happy place.
- 20. Write down 5 things that make you happy.
- 21. Hug a loved one.
- 22. Write down your favorite quote.
- 23. Stop and smell the flowers.
- 24. Go at least 4 hours without looking at your phone (sleep doesn't count).
- 25. Play a board game with friends.
- 26. Write a letter (using pen and paper) to someone you respect and mail it to them.
- 27. Read a book to a child.
- 28. Make a list of 10 things you like about yourself.
- 29. Watch the sunrise.
- 30. Watch your favorite movie.

**Challenge Starts:** 9/1/18

**Challenge Ends:** 9/30/18



**Instructions:** Each day complete ONE of the activities from EACH list and check it off.

The goal is to complete all health, business and personal development activities by the end of the month.

**Prize:** Bring your completed worksheet to Reliv Live in Orlando to be entered in a drawing for exclusive prizes.