

21-Day Immunity Challenge

Week 1: Nutrition

- MONDAY:** Get sugar out of your diet.
- TUESDAY:** Eat more fiber (25–35g/day).
- WEDNESDAY:** Introduce fermented foods into your diet.
- THURSDAY:** Learn about the dirty dozen and clean 15.
- FRIDAY:** Learn about the difference between healthy fat and bad fat.
- SATURDAY:** Consider extending your overnight fast to 13-16 hours.
- SUNDAY:** Replace alcohol with mocktails.



Week 2: Stress Management

- MONDAY:** Connect with a friend.
- TUESDAY:** Practice gratitude.
- WEDNESDAY:** Make time to listen to your favorite music.
- THURSDAY:** Try a breathing practice.
- FRIDAY:** Try guided meditation.
- SATURDAY:** Spend time outside enjoying nature.
- SUNDAY:** Get at least 30 minutes of exercise.

Week 3: Sleep

- MONDAY:** Establish a reasonable bedtime.
- TUESDAY:** Assess your use of sleep disruptors.
- 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:** Take time to unwind in the evening.
- SUNDAY:** Commit to using your bedroom only for sleep.