

Healthy Challenge Victories

Physical- Internal

- Less stomach pain
- Less diarrhea
- Less constipation
- Less gas
- More energy
- Less bloating
- Fewer migraines
- Less chronic pain
- Less shoulder/back/knee pain

Physical-External

- Improvement in rashes or patches
- Stronger, thicker hair
- Longer, stronger nails
- Glowing skin
- Less bloating
- Less joint swelling
- Feeling more confident in your appearance
- Clothes fit more comfortably
- Smiling more

Sleep

- You're sleeping more
- You fall asleep more easily
- You sleep more soundly

Energy & Fitness

- Energy levels are higher
- Energy levels are more even
- More energy in the morning
- More energy to play with your kids
- More energy to exercise
- More energy to socialize
- More energy at work or school
- You became more consistent with exercise
- You can exercise longer, harder, or faster
- You feel more athletic
- You play more with your kids or dog
- You're more coordinated
- Your balance is better
- You're outside more

Lifestyle

- More knowledgeable about nutrition
- Shop locally and eat seasonally
- New cooking skills
- New recipes
- Spend less time and money at the doctor's office
- You've created other health goals
- Healthy eating habits have brought your family closer
- You've joined a new community
- People ask you what you're doing differently
- People come to you for health, food, or lifestyle advice



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