



*“It takes three weeks to change your habits,  
but only one day to change your mindset.”*  
– Dr. Joseph Barry  
Preventive Medicine Associates/Signature MD  
Member of the Crouse Health Network

## The focus is YOU! Join the Simply Well “21 Day Challenge”

### *Join anytime, new challenge each month!*

What is one little thing that will help improve YOU? Pick one thing and commit to it for 21 days.

If you successfully finish the “21 Day Challenge” and [complete this online form](#), you will be entered into an ongoing monthly raffle drawing. Once you submit, you will have a chance to win every month for the rest of the year. Winner required to show daily log (any type of log is accepted or use one below).

You can do multiple 21 Day Challenges during the year. Earn an additional raffle entry for each “21 Day Challenge” you complete.

Pick any type of goal; here are some ideas.....you may have to plan ahead to make sure you meet your goal!

*Help **YOU**r Diet - Have a vegetable with lunch and dinner*

*Help **YOU**r Psyche (and others!) – At least one small act of kindness*

*Help **YOU**r Fitness – Complete 20 minutes of dedicated aerobic exercise*

*Help **YOU**r Mind – 5 minutes of meditation using an app or guided program*

*Help **YOU**r Sleep – Go to bed by a certain time each day/night*

*Help **YOU**r Back – Complete 5 minutes of core exercises or stretch twice a day for 2-3 minutes*

DAILY GOAL: \_\_\_\_\_

Day	Date	Goal Met?
1		<input type="checkbox"/> YES
2		<input type="checkbox"/> YES
3		<input type="checkbox"/> YES
4		<input type="checkbox"/> YES
5		<input type="checkbox"/> YES
6		<input type="checkbox"/> YES
7		<input type="checkbox"/> YES

Day	Date	Goal Met?
8		<input type="checkbox"/> YES
9		<input type="checkbox"/> YES
10		<input type="checkbox"/> YES
11		<input type="checkbox"/> YES
12		<input type="checkbox"/> YES
13		<input type="checkbox"/> YES
14		<input type="checkbox"/> YES

Day	Date	Goal Met?
15		<input type="checkbox"/> YES
16		<input type="checkbox"/> YES
17		<input type="checkbox"/> YES
18		<input type="checkbox"/> YES
19		<input type="checkbox"/> YES
20		<input type="checkbox"/> YES
21		<input type="checkbox"/> YES

**For program details and the online form, visit [www.crouse.org/21daychallenge](http://www.crouse.org/21daychallenge)**