

Take a before photo of yourself	#TeamGianan in a Post on Fb/ IG / Twitter	Go to sleep 1 hour earlier	Reach out to someone with whom you've lost touch	Notice 3 things for which you are grateful
Attend an HOM with a guest	Send someone a card via snail mail	Post a healthy meal you ate	1 Minute Deep Breathing	Selfie with your shake
Try a new recipe for your shake	1-mile walk	Invite 5 friends to a shake party	Make a donation	Schedule your on-boarding call
Make someone laugh	Post your healthy breakfast	Have a challenger for the Weight Loss Marathon	Post 3 things you are grateful for	Attend VNC
Read for 30 minutes	Attend the in-person STS	Workout for 30 mins	Finish the 4-week Focus Group	Have aloe tea shake for breakfast

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