

# 7 DAY HEART HEALTH CHALLENGE

## DAY 1

*Take 10,000  
steps*

## DAY 2

*Drink at least  
64 ounces of  
water*

## DAY 3

*Add one extra  
serving of  
vegetables*

## DAY 4

*Do a 5-minute  
cardio burst  
(jumping jacks,  
high knees, etc)*

## DAY 5

*No added  
sugar for a  
day*

## DAY 6

*Try a  
relaxation  
exercise (like  
meditation)*

## DAY 7

*Spend 1 hour  
outside*

