

## Beauty and the Beets 7-day challenge recap

Challenge:

Date:

On a scale from 1 to 10 (10 being the hardest), how difficult was this challenge for you?

1      2      3      4      5      6      7      8      9      10

What are the positives you gained from this challenge?

What are the negatives you gained from this challenge?

Is this a challenge you would like to continue for 30 days, or even the rest of the year?

Yes                  no

What changes can be made to incorporate this challenge into your permanent daily routine (if you decide to continue the challenge)?