

THE
Dr. Ashley
WELLNESS
CHALLENGE

DECIDED NAME TO BE ADDED HERE

Partake in the Dr. Ashley Wellness Challenge.

Do it to meet your highest self.

Do it for self-reflection.

Do it to serve yourself and others around you.

Do it because 99.9% of the world won't do anything uncomfortable because they prefer comfort. And well, we at Dr. Ashley Wellness are different.

Dr. Lucas

“

Doing hard things, specifically pushing yourself in areas where there is a high rate of failure, introduces you to another version of yourself. Doing hard things allows you to break through to your highest self.

”

Challenge Rules

Complete the Challenge! Do it for yourself!

No skipped outdoor walks, grams of protein, etc.
Everyday, for 30 days, you must complete each item.

Keep an Honest Journal!

Journal your experience during the 30 days.
Hold yourself accountable and experience an increased level of confidence,
vitality and so much more.



5 Healthy Habits Mastered in 30 days

Confidence Comes from Keeping the Promises You Make to Yourself

Drink at least 64 ounces of water/day

Water is essential to our overall health, wellbeing, & immunity. Drinking the recommended amount of water carries nutrients and oxygen to our body's cells, flushes bacteria from the bladder, aids in healthy digestion, and normalizes blood pressure. Additional benefits include improved brain function, prevents headaches, lubricates joints, and supports healthy skin.

Walk outside for 20 minutes

Support healthy circadian rhythms, get your blood moving, and enjoy the sunshine. Go on a walk ideally within two hours of sunrise! Turn on your favorite podcast or playlist and get your steps in! Connect with nature, bond with your pooch or an old friend, reduce stress, and support overall lymphatic health.

Eat your protein

Eat 0.8-1 grams of protein per lb ideal healthy weight (You'll want to give an example of this: Let's say right now you weigh 250lbs and your ideal healthy weight is 180lbs. Then you will want to consume 145-180 grams of protein per day, ideally divided between three meals and 1 snack)

Veggies first, protein second, carbs last.

Eat your main meals in this order: Veggies first, Protein second, Carbs last. For example let's say you're having steak with a salad and potatoes, then you will first eat the salad, enjoy your steak next, and your potatoes last. The reason why is because the order you eat your meal significantly impacts your blood sugar levels. Eating your veggies/fiber first, protein next and carbs last allows your blood glucose to stabilize and avoid peaks and valleys. By eating your food in this order you can reduce a blood sugar spike by up to 70%!

No screens one hour before bed

Avoiding screens before bedtime can improve sleep quality by reducing blue light exposure, which interferes with melatonin production. This practice helps your body wind down naturally, reduces sleep disruptions, prevents mental stimulation from engaging content, and promotes healthy sleep habits by signaling your body to prepare for rest.

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WEEK 1

10/1 10/2 10/3 10/4

TO DO:	SAT	SUN	MON	TUES	WED	THUR	FRI
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Drink 64 oz of water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20 minute outdoor walk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hit protein goal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Followed meal order	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No screens before bed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CHOOSE GRIT

"GRIT: THE DRIVE, STAMINA, AND FORTITUDE TO PUSH THROUGH ANY CHALLENGE OR OBSTACLE UNTIL SUCCESS IS ACHIEVED."

-ANONYMOUS

WHAT DOES IT MEAN TO YOU TO CHOOSE GRIT?

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2 WINS FROM TODAY:

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3 THINGS I'M GRATEFUL FOR

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WEEK 2

10/8 10/9 10/10 10/11 10/12 10/13 10/14

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SAT SUN MON TUES WED THUR FRI

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BE RADICALLY OPEN MINDED

“OPEN-MINDED PEOPLE EMBRACE BEING WRONG, ARE FREE OF ILLUSIONS, DON'T MIND WHAT PEOPLE THINK OF THEM, AND QUESTION EVERYTHING- EVEN THEMSELVES.”

- ANONYMOUS

WHAT DOES IT MEAN TO YOU TO BE RADICALLY OPEN MINDED?

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WEEK 3

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DRAMA? NO THANK YOU.

“VENTING IS YOUR EGO’S WAY OF AVOIDING
SELF REFLECTION.”

- ANONYMOUS

HOW DO YOU STOP THE DRAMA BEFORE IT STARTS?

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CARE TO OUR CORE

“PEOPLE WITH PASSION CAN MAKE THE
IMPOSSIBLE HAPPEN.”

- ANONYMOUS

**LIST ALL OF THE WAYS YOU CARE TO YOUR CORE;
FOR OTHERS AND FOR YOURSELF:**

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