



8-Week Wellness Challenge



Complete all tasks and return your finished checklist to TherAnnu!

As a reward for your commitment to wellness, you'll receive a **FREE Premium Service** of your choice, such as a 60-minute Massage, Facial, Stretch, or another premium experience.

<p>Week 1 KickStart your Wellness</p> <ul style="list-style-type: none"> <input type="checkbox"/> Drink 8 glasses of water every day <input type="checkbox"/> Go for 30min walk outside <input type="checkbox"/> One Core Service at TherAnnu <input type="checkbox"/> Get a FREE TherAnnu Wellness Advisor Consultation <input type="checkbox"/> Begin a Gratitude Journal: write down one thing each night <input type="checkbox"/> Meditate for 10 min 	<p>Week 2 Detox & Restore</p> <ul style="list-style-type: none"> <input type="checkbox"/> Go Screen-Free for one hour before bed <input type="checkbox"/> Watch an uplifting TV Show instead of a negative one. <input type="checkbox"/> Replace one processed snack with a whole food <input type="checkbox"/> Attend a detox service at TherAnnu (Sauna, Compression...) <input type="checkbox"/> Get a specialty massage that you've never tried before! <input type="checkbox"/> Try a new green vegetable in a meal 	<p>Week 3 Energize your Life</p> <ul style="list-style-type: none"> <input type="checkbox"/> Get 7-8 hours of sleep <input type="checkbox"/> Do an energizing Cryo service at TherAnnu <input type="checkbox"/> Get your heart pumping for 20min <input type="checkbox"/> Swap one sugary drink for water or herbal tea <input type="checkbox"/> Spend 30min outside in natural light <input type="checkbox"/> Get a B12 shot or use a B12 patch every day 	<p>Week 4 Build Strength</p> <ul style="list-style-type: none"> <input type="checkbox"/> Do 15 min of bodyweight exercises, 3 times this week <input type="checkbox"/> Eat one gluten-free, dairy-free meal with lots of veggies <input type="checkbox"/> Attend a compression therapy session at TherAnnu <input type="checkbox"/> Unfollow 3 social media accounts that don't inspire positivity <input type="checkbox"/> Journal about your wellness progress so far <input type="checkbox"/> Get a massage to reward yourself
<p>Week 5 Nourishment Focus</p> <ul style="list-style-type: none"> <input type="checkbox"/> Experience a hydration-boosting service at TherAnnu <input type="checkbox"/> Eat 5 servings of fruits & veggies daily x 5 days <input type="checkbox"/> Take a 30m walk while listening to uplifting music/podcast <input type="checkbox"/> Bring a friend to TherAnnu - experience a service together <input type="checkbox"/> Consider taking a vitamin/mineral that may be missing <input type="checkbox"/> Do one thing that makes you happy 	<p>Week 6 Commit to Growth</p> <ul style="list-style-type: none"> <input type="checkbox"/> Try a new service at TherAnnu <input type="checkbox"/> Read an inspiring "self-help" book or article <input type="checkbox"/> Spend 10 min decluttering an area of your home or office <input type="checkbox"/> Try a new exercise or activity <input type="checkbox"/> Commit to eating at least one fruit/veggie with each meal <input type="checkbox"/> Try a different provider for any service at TherAnnu 	<p>Week 7 Combat Stress</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a relaxing bath or meditate for 15 minutes <input type="checkbox"/> Attend a relaxing service TherAnnu <input type="checkbox"/> Spend a day without any added sugar in your diet <input type="checkbox"/> Do some deep breathing exercises while in the Salt Room <input type="checkbox"/> Write down 5 things that make you happy every night <input type="checkbox"/> Walk and talk with a friend 	<p>Week 8 Celebrate U</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make yourself a healthy treat to enjoy this week <input type="checkbox"/> Enjoy your favorite Core Service at TherAnnu <input type="checkbox"/> Write down 5 things from this challenge you are proud of <input type="checkbox"/> Create a plan to continue 3 new habits from the challenge <input type="checkbox"/> Buy something that will support your wellness journey <input type="checkbox"/> Reward yourself with a facial or massage!

Name: _____

Start Date: _____

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