

EVOLVD HEALTH

4-WEEK
SPIRITED MIND +
STRONG BODY
TRANSFORMATION
CHALLENGE

WEEK 1

FOLLOW EMBEDDED
LINKS TO ACCESS MORE
INFORMATION

REPEAT ONE OF THE
DAYS OR MIX & MATCH
DURING THE WEEKENDS

MONDAY

Drink 1/2 your
weight (in pounds)
in ounces of water

NUTRITION

Practice your
morning
affirmation

MINDFULNESS

Hold plank for 15
seconds

PHYSICAL EXERCISE

TUESDAY

Listen to 10
minutes of
uplifting music

SELF-CARE

Practice 5 minutes
of deep
breathing

MINDFULNESS

Hold plank for 30
seconds

PHYSICAL EXERCISE

WEDNESDAY

Eat at least 20
grams of protein at
breakfast

NUTRITION

Mini goal. Set a
regular bedtime
and wakeup time

MINDFULNESS

Hold plank for 45
seconds

PHYSICAL EXERCISE

THURSDAY

Go for a 15 minute
walk at lunch

SELF-CARE

Give someone a
compliment

MINDFULNESS

Hold plank for 60
seconds

PHYSICAL EXERCISE

FRIDAY

Eat at least 2 1/2
cups of veggies

NUTRITION

10-minute bedtime
meditation

MINDFULNESS

Deep stretch for 10
minutes

PHYSICAL EXERCISE

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WEEK 2

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REPEAT ONE OF THE
DAYS OR MIX & MATCH
DURING THE WEEKENDS

MONDAY

Skip the grains
today. Try this oven
baked sweet
potato toast
instead
NUTRITION

Practice your
morning.
affirmation
MINDFULNESS

Wall sit for 15
seconds
PHYSICAL EXERCISE

TUESDAY

Stretch for 5
minutes in the
morning.
SELF-CARE

Eat lunch without
screentime
MINDFULNESS

Wall sit for 30
seconds
PHYSICAL EXERCISE

WEDNESDAY

Skip caffeine and
sugary drinks.
Drink only water or
herbal tea
NUTRITION

Set your mini goal.
Write it down in a
journal
MINDFULNESS

Wall sit for 45
seconds
PHYSICAL EXERCISE

THURSDAY

Epsom salt soak
SELF-CARE

Write down
something good
that happened
today
MINDFULNESS

Wall sit for 60
seconds
PHYSICAL EXERCISE

FRIDAY

Make a green
breakfast smoothie
NUTRITION

15-minute bedtime
meditation
MINDFULNESS

Deep stretch for 10
minutes
PHYSICAL EXERCISE

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WEEK 3

FOLLOW EMBEDDED
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REPEAT ONE OF THE
DAYS OR MIX & MATCH
DURING THE WEEKENDS

MONDAY

Go meatless, and
focus on plant-
based proteins
NUTRITION

Practice your
morning.
affirmation
MINDFULNESS

Perform 20 flutter
kicks
PHYSICAL EXERCISE

TUESDAY

Unfollow negative
people on social
media
SELF-CARE

Ask for forgiveness
MINDFULNESS

Perform 30 flutter
kicks
PHYSICAL EXERCISE

WEDNESDAY

Eat a mixture of
fresh, organic,
steamed or raw
vegetables
NUTRITION

How is that mini
goal going? Journal
about your
progress
MINDFULNESS

Perform 40 flutter
kicks
PHYSICAL EXERCISE

THURSDAY

Practice a
breathing.
technique
SELF-CARE

Start your day off
with health-related
affirmations
MINDFULNESS

Perform 50 flutter
kicks
PHYSICAL EXERCISE

FRIDAY

Incorporate
intermittent
fasting.
NUTRITION

20-minute bedtime
meditation
MINDFULNESS

Deep stretch for 10
minutes
PHYSICAL EXERCISE

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WEEK 4

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INFORMATION

REPEAT ONE OF THE
DAYS OR MIX & MATCH
DURING THE WEEKENDS

MONDAY

Eat your veggies
and protein first,
then eat your carbs
to support healthy
blood sugars

NUTRITION

Practice your
morning
affirmation

MINDFULNESS

Do 10 sumo squats

PHYSICAL EXERCISE

TUESDAY

Read a good book
to uplift your spirit

SELF-CARE

Do positive
imagery

MINDFULNESS

Do 20 sumo squats

PHYSICAL EXERCISE

WEDNESDAY

Cook food in
coconut oil

NUTRITION

How is that mini
goal going? Journal
about your
progress and share
one positive thing
about the last few
days

MINDFULNESS

Do 30 sumo squats

PHYSICAL EXERCISE

THURSDAY

Carve out at least
five minutes today
to be quiet and
still

SELF-CARE

Be aware of your
thoughts. Switch
from thoughts of
deprivation to
thoughts of
abundance

MINDFULNESS

Do 40 sumo squats

PHYSICAL EXERCISE

FRIDAY

Add a pinch of
celtic sea salt to
your water

NUTRITION

30-minute bedtime
meditation

MINDFULNESS

Deep stretch for 10
minutes

PHYSICAL EXERCISE

ABOUT CREATORS

BRADLEY AUBRY CHIEF SCIENTIFIC OFFICER

Bradley Aubry is a former professional athlete and wellness advocator. Bradley holds degrees in Health Psychology, Behavioral Medicine, and Nutrition Science.

WHITNEY CROUCH WELLNESS DIRECTOR, NUTRITIONIST

Whitney is a Registered Dietitian Nutritionist practicing nutrition from a root-cause perspective. She earned her degree in Clinical Nutrition from the UC Davis,

ELLANA STINSON CHIEF MEDICAL OFFICER

Dr. Stinson is a board-certified, Emergency Medicine physician in Boston, MA. She is a graduate of Spelman College, Meharry Medical College and Harvard University.

ELENA MARSHALL MEDICAL DIRECTOR OF WOMEN'S HEALTH

Dr. Freya Elena Marshall majored in Biomedical Chemical Engineering. She specializes in adolescent gynecology, infertility, and menopause.

ABOUT EVOLVD HEALTH

Evolvd Health is a multi-disciplinary digital healthcare platform with a holistic, whole-body 360 approach.

Evolvd Health's mission is to shine the light and spread awareness of a proactive approach to healthcare. Our primary goal is to provide solutions that promote evolution in people's health by empowering self-care.

HAVE QUESTION?

CONTACT US

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