

# PROTALITY™ PRO 21 CHALLENGE

Pair each daily activity with a PROTALITY™ shake and let's go!



**DAY 1**  
**Message Your Future Self**  
Write down your intentions.  
Read on Day 21.

**DAY 2**  
**Enjoy a PROTALITY Smoothie**  
Find recipes at [protality.com/smoothie](https://protality.com/smoothie) or create your own.

**DAY 3**  
**Use Our PROTALITY Protein Calculator**  
Visit [protality.com/protein](https://protality.com/protein) for your daily recommendation.

**DAY 4**  
**Focus Your Breathing**  
Use the 4-7-8 technique. Breathe in for 4 seconds, hold for 7, and exhale for 8.

**DAY 5**  
**Get Movin' and Groovin'**  
Pull up some tunes to enjoy on a brisk 15-minute walk.

**DAY 6**  
**Put it to Paper**  
Write down 3 goals to focus your intentions.

**DAY 7**  
**Chat With a Dietitian**  
Discuss your nutrition goals for free at [protality.com/chat](https://protality.com/chat)

**DAY 8**  
**Stay Hydrated**  
Drink 64 oz of water over the course of a day.

**DAY 9**  
**Read Before Bed**  
Power down electronics and settle into bed with a book.

**DAY 10**  
**Prioritize Protein**  
Aim for 25-30 grams of protein at every meal.

**DAY 11**  
**Motivational Music Day**  
Push play on music that moves you.

**DAY 12**  
**Move Muscles More**  
Find ways to add more movement in your day. Take the stairs or get up and stretch.

**DAY 13**  
**Express Gratitude**  
Write down 3 things that you are thankful for. If one is a person, tell them!

**DAY 14**  
**Create a Meal Plan**  
Check out those created by our registered dietitians at [protality.com/meals](https://protality.com/meals)

**DAY 15**  
**Screen-Free Meals**  
Phone down. Focus up. Breakfast, lunch, and dinner.

**DAY 16**  
**Push-Up Challenge**  
How many push-ups can you do in a minute?

**DAY 17**  
**Get 8 Hours of Sleep**  
Rest and repair is a good way to support holistic health.

**DAY 18**  
**Create a Food Log**  
Make sure to include your protein intake to hit your target number.

**DAY 19**  
**30 Minutes of Cardio**  
Yes, dancing counts!

**DAY 20**  
**Try a "PROffee"**  
Add PROTALITY to your morning coffee to get more protein.

**DAY 21**  
**Reflect & Celebrate**  
You did it! Read your Day 1 message and be proud of your progress!

Share your progress using #PRO21Giveaway

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