



Dr. Sparks N.D.

## Road To Health Map- by Dr. Sparks ND

Each day choose an activity you would like to do from the list. At the end of the day put an "X" through the completed activity.  
If you want a bigger challenge then incorporate all your previous activities in each new day.

### Week 1

Take 50 deep breaths

Drink 64 ounces of water

Get outside for 30mins

Call someone to catch up

Add two servings of veggies

Walk 2500 extra steps

End your shower or bath with a cool spray

### Week 2

Don't eat refined sugar

List 10 things you're grateful for

Don't drink caffeine

Do something fun

Don't use a screen 1 hour before bed

Be mindful when eating

Climb stairs 6 times

### Week 3

Eat 4 servings of veggies

Create a monthly budget

Try a new exercise for 30mins

Turn off all electronics & wifi at bedtime

Prep/cook one meal to eat this week

Try prayer or meditation

Walk an extra 5000 steps

### Week 4

Avoid social media

Don't eat gluten

Try a bean or grain you haven't tried

Write 3 things you like about yourself

Take 5 breaths before each meal

Do something nice for 2 strangers

Stretch for 30 mins