# ACTIVIA 14-DAY GUT HEALTH CHALLENGE TRACKING SHEET

## JOIN THE GUT HEALTH CHALLENGE

The Activia Gut Health Challenge is a commitment to consuming Activia twice a day for 14 days to help support your gut health.\*

## YOUR GUT IS WHERE IT ALL BEGINS

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As probiotic pioneers, we believe that well-being starts in the gut. Adding delicious Activia into your daily routine twice a day is one of the easiest ways to do more good for your gut! Take the 14-day Gut Health Challenge with us and take a step towards supporting your gut health! How?

## 1. START

The 14-day Gut Health Challenge and stock up on your favorite Activia products.

## 2. ENJOY

Activia packed with billions of live and active probiotics twice a day for two weeks as part of a balanced diet.

## **3. THRIVE**

Making small changes to your overall healthy routine can lead to positive results for your gut health.



\*Activia® may help reduce the frequency of minor digestive discomfort. Consume twice a day for two weeks as part of a balanced diet and healthy lifestyle. Minor digestive discomfort includes bloating, gas, abdominal discomfort & rumbling.





# **ACTIVIA® 14-DAY GUT HEALTH CHALLENGE**

#### EAT 30 DIFFERENT PLANTS PER WEEK, CHECK THEM OFF AS YOU GO:

#### FRUIT (Try fresh, frozen, or dried options)

Acai Apples Apricots Avocado Bananas Blueberries Blackberries Boysenberries Cantaloupe Cherimoya Cherries Cranberries Currants Dates Elderberries Fias Grapes Grapefruit Guava Honey Dew Kiwis Lemons

Limes Mangos Nectarines Oranges Papaya Passionfruit Peaches Pears Peppers Persimmon Pineapple Plums Pomegranate Raisins Raspberries Starfruit Strawberries Tangelo Tangerines Tomato

BE ACTIVE/EXERCISE FOR 30 MINUTES 5 DAYS PER WEEK:

MEDITATE

Watermelon

Other

MEDITATE

#### VEGETABLES (Try fresh, frozen, or dried options) Asparagus Kale Artichoke, alobe Lettuce Artichoke, jerusalem (e.g.bibb, romaine) Beets Broccoli Mushroom Brussels sprouts Onion Butternut squash Peas Cabbage Peppers Carrots Potatoes Cauliflower Shallot Collard greens Spinach Eggplant Edamame Turnip Endive Zucchini Garlic Other Jicama

#### **LEGUMES + PULSES** Black beans, canned Black eyed peas, canned

Cannellini beans, canned Chickpeas, canned Kidney beans, canned

MEDITATE

(all varieties)

Dried beans

Dried peas

Dried lentils

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Soy "nuts"

Other

Pecans Pepitas Pine nuts

Turmeric Black pepper

#### WHOLE GRAINS (grains, breads, pasta)

Whole grain bread Whole grain crackers Amaranth Barley Brown rice Buckwheat kernels/groats Bulgur (cracked wheat) Farro

#### NUTS + SEEDS

Almonds Brazil nuts Cashews Macadamia nuts

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#### SPICES

Ginger

Oats Millet Quinoa Legume-based pasta (red lentil or chickpea) Whole wheat pasta Other

Walnuts

Other

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MEDITATE

8

Pistachios Sunflower seeds Flaxseed meal Almond butter Peanut butter

202

60

MEDITATE





**ACTIVIA** FNJOY TWICE PER DAY

**MEDITATE/BE MINDFUL** FOR AT LEAST 0 **10 MINUTES** PER DAY

2

MEDITATE

Non

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
					ΑСΤΙVΙΑ	
HYDRATE						
SLEEP						
MEDITATE						
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
HYDRATE						
SLEEP						

MEDITATE