

## 14-DAY GUT HEALTH CHALLENGE TRACKING SHEET



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### 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

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.

TRY TO  
EAT 30  
DIFFERENT  
PLANTS  
PER WEEK



STAY  
HYDRATED  
WITH 8  
8 OZ GLASSES  
OF WATER  
PER DAY



GET  
7-8  
HOURS  
OF  
SLEEP  
PER  
NIGHT

EXERCISE 30  
MINUTES PER  
DAY, 5 DAYS  
PER WEEK



MEDITATE/  
BE MINDFUL  
FOR AT LEAST  
10 MINUTES  
PER DAY



\*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.

