



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

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.

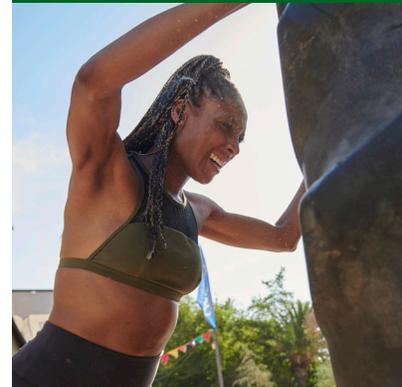
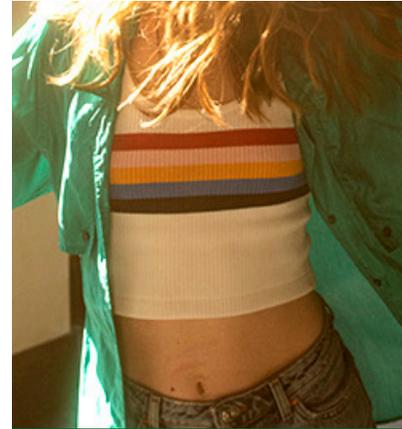
2. Enjoy

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.

<p>Try to eat 30 different plants per week</p> 	<p>Stay hydrated with 8 8 oz glasses of water per day</p> 	<p>Get 7-8 hours of sleep per night</p> 
<p>Exercise 30 minutes per day, 5 days per week</p> 	<p>Meditate/ be mindful for at least 10 minutes per day</p> 	



*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.

