

# 2-WEEK LIFESTYLE DETOX CHALLENGE

Day  
1

Day  
2

Day  
3

Day  
4

Day  
5

Day  
6

Day  
7

Day  
8

Day  
9

Day  
10

Day  
11

Day  
12

Day  
13

Day  
14

Follow the Detox Challenge @getgroing.ca on Facebook or Instagram. Check off each day you participated in the Challenge, bring your card to the May 22 Collective Event and receive a ballot entry for each completed challenge. One winner will be randomly selected for a great prize basket.

**Your Name:**

