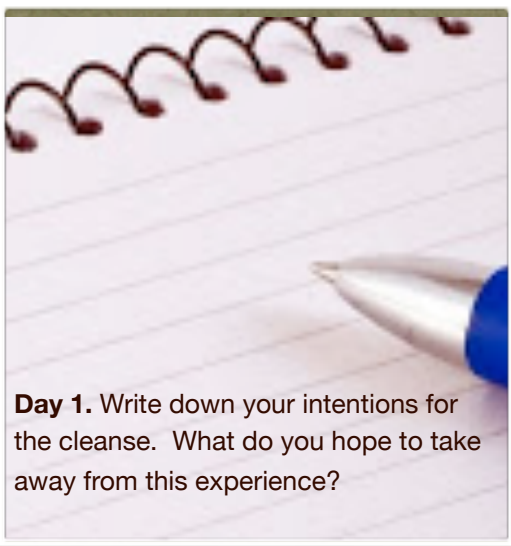


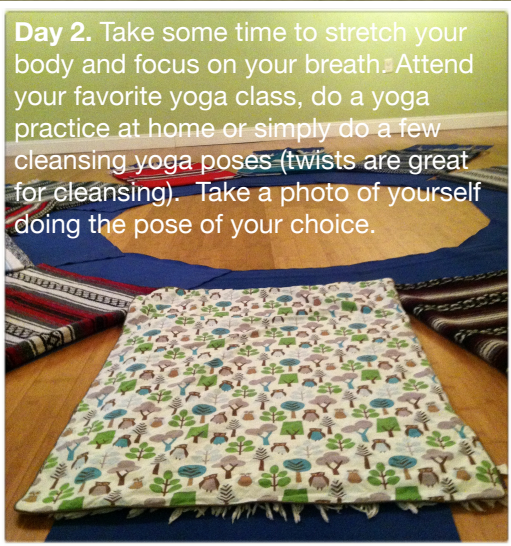
# 10 Cleansing Tasks

You must complete these 10 tasks as part of the cleanse to be entered to win the whole foods prize box. At the end of the cleanse submit your writings and photos to me

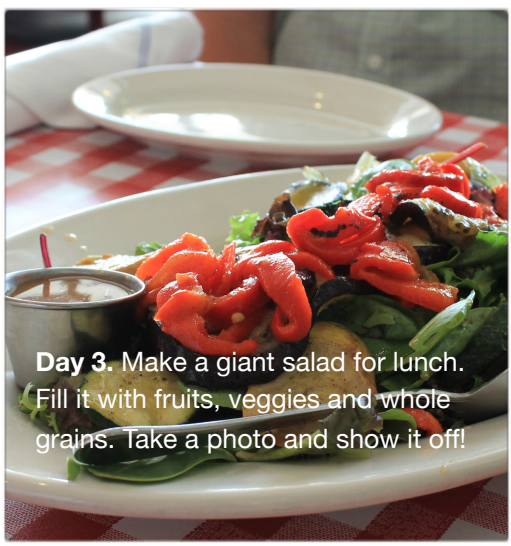
[lindsay@runningwithtongs.com](mailto:lindsay@runningwithtongs.com)



**Day 1.** Write down your intentions for the cleanse. What do you hope to take away from this experience?



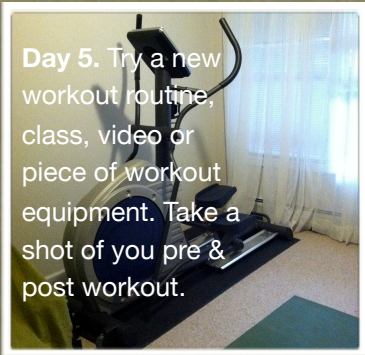
**Day 2.** Take some time to stretch your body and focus on your breath. Attend your favorite yoga class, do a yoga practice at home or simply do a few cleansing yoga poses (twists are great for cleansing). Take a photo of yourself doing the pose of your choice.



**Day 3.** Make a giant salad for lunch. Fill it with fruits, veggies and whole grains. Take a photo and show it off!



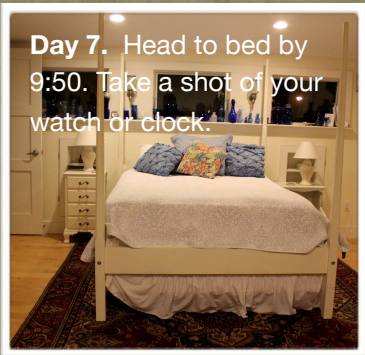
**Day 4.** Try a new fruit today. Take a photo to share!




**Day 5.** Try a new workout routine, class, video or piece of workout equipment. Take a shot of you pre & post workout.



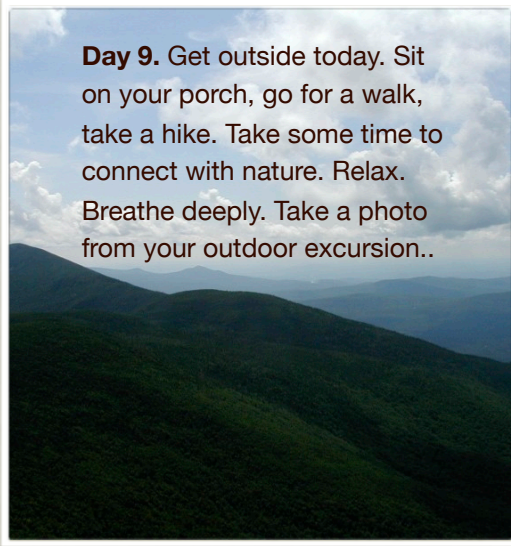
**Day 6.** Try a new vegetable or enjoy an old favorite a new way. Take a photo!



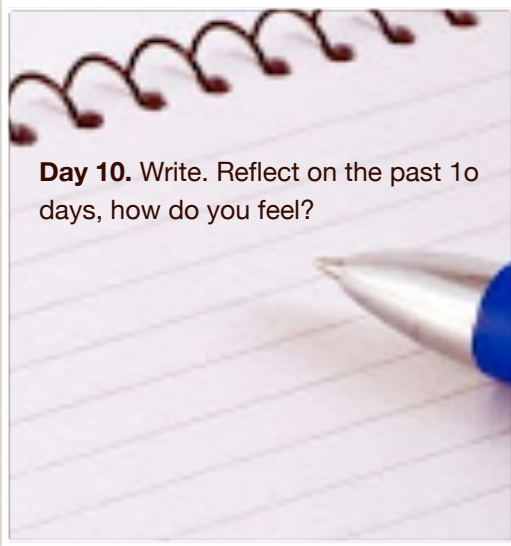
**Day 7.** Head to bed by 9:50. Take a shot of your watch or clock.



**Day 8.** Explore the world of whole grains and try a new GF whole grain. Take a photo of your whole grain dish!



**Day 9.** Get outside today. Sit on your porch, go for a walk, take a hike. Take some time to connect with nature. Relax. Breathe deeply. Take a photo from your outdoor excursion..



**Day 10.** Write. Reflect on the past 10 days, how do you feel?