

## **Your Four-Week Biohack Challenge**

Until we meet again, pick just three of the many biohack techniques described in the four key elements of this session and integrate them into your life during the first two weeks of the four-week challenge.

Biohacks you'll integrate into your life in the first two weeks:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

If you find that's all you can manage, that's fine. And it's also fine if you discover you can't maintain all three. Don't give up and abandon all of them. Just cut back to two biohacks for the second two weeks. There is no "success" or "failure" with this work ... merely progress.

If, however, you find you are so energised after making the three changes in the first two weeks, then by all means incorporate a few more in the second two weeks of the challenge.

Biohacks you'll integrate in the final two weeks

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Be aware that some people find it easier to change old habits than others. There is no one-size-fits-all solution to health. Every effort counts and deserves to be celebrated, which we will do in our next meeting.