| | 10-Day Vital Health Challenge | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Day 8 | Day 9 | Day 10 |
|-------------|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|
| GIFT 8 | Start Each Day with Gratitude (Get Tony's priming exercise at TonyRobbins.com/priming) | | | | | | | | | | |
| GIFT 8 | Stand Guard at the Door of your Mind (condition empowering emotions such as gratitude, courage, faith, determination, compassion, and love. Break your pattern and avoid emotions that create stress. | | | | | | | | | | |
| GIFT 8 | Utilize the Healing Power of the Heart (3 times a day - stop what you are doing and shift your focus - (mind, breath, emotion) to the area around your heart) -1 of 3 | | | | | | | | | | |
| GIFT 1 | 10 Power Breaths (ratio: 1-4-2 - i.e., inhale for 8 seconds, hold for 32 seconds, exhale for 16 seconds) - 1 of 3 | | | | | | | | | | |
| | Lymphasize! 20-30 minutes of rebounding (jumping up and down) each day | | | | | | | | | | |
| GIFT 2 | Drink Half of Your Body Weight in Ounces | | | | | | | | | | |
| | Eat a Diet of Live, Water-Rich Foods: At Least 70% of Your Diet | | | | | | | | | | |
| GIFT 3 | Supplement Your Diet w/Essential Fatty Acids Your Body Needs (Omega 3, Omega 6) | | | | | | | | | | |
| | Consume Foods that Contain Unprocessed Fats in Natural State (i.e., avocado, almonds, hazelnuts, pumpkin, and sunflower seeds, and oils such as flaxseed, olive oil, fish oil) | | | | | | | | | | |
| GIFT 4 | Consume 70-80% Foods that are Alkali-Forming and Life-Giving (green vegetables, almonds, avocados, lemons, limes) | | | | | | | | | | |
| | Keep It Simple: Add Fresh Lemon to Your Water Daily | | | | | | | | | | |
| GIFT 6 | Eat Comfortable Amounts of Food (Eat Less so You Can Live Long to Eat More) | | | | | | | | | | |
| | Supplement for Specific Conditions as Necessary | | | | | | | | | | |
| POISON 1 | Eliminate All Processed Fats from Your Diet | | | | | | | | | | |
| | Supplement your Diet with a High-Quality Source of Omega 3 oil | | | | | | | | | | |
| | Eliminate All Animal Flesh for 10 Days (see p. 100 for what to do if you decide to consume meat afterwards) | | | | | | | | | | |
| POISON 3 | Try Other Alternatives, in Moderation, Such as Oat Milk, Rice Milk, or Almond Milk | | | | | | | | | | |
| | For at least 10 days, say no to caffeine, sugar, white foods, vinegar, alcohol, nicotine, and drugs | | | | | | | | | | |
| GIFT 8 | Utilize the Healing Power of the Heart (3 times a day - stop what you are doing and shift your focus - (mind, breath, emotion) to the area around your heart) - 2 of 3 | | | | | | | | | | |
| GIFT 1 | 10 Power Breaths (ratio: 1-4-2 - i.e., inhale for 8 seconds, hold for 32 seconds, exhale for 16 seconds) - 2 of 3 | | | | | | | | | | |
| GIFT 5 | Challenge Your Body: 3 Full-Body Strength Training Workouts Per Week | | | | | | | | | | |
| | Challenge Your Body: 30 Minutes of Quality Cardio Exercise (3 times per week) | | | | | | | | | | |
| | Make It Fun: Add Elements to Your Routine (music, friends, a change of environment, a compelling race, etc.) | | | | | | | | | | |
| GIFT 7 | MOVE! (Take the stairs, stay active, and as move as many muscles in your body as you can daily) | | | | | | | | | | |
| | Implement an Effective Regimen of Stretches and Exercises that are Balanced through Bilateral Symmetry and Working Opposing Muscle Groups. | | | | | | | | | | |
| GIFT 8 | Utilize the Healing Power of the Heart (3 times a day - stop what you are doing and shift your focus - (mind, breath, emotion) to the area around your heart) - 3 of 3 | | | | | | | | | | |
| GIFT 1 | 10 Power Breaths (ratio: 1-4-2 - i.e., inhale for 8 seconds, hold for 32 seconds, exhale for 16 seconds) - 3 of 3 | | | | | | | | | | |
| GIFT 8 | End each day with gratitude | | | | | | | | | | |