

## WEEK FIVE VIBE

# Reduce Risks



Mark the challenge items you're working on completing:

	MON	TUE	WED	THU	FRI	SAT	SUN
<input type="checkbox"/> <b>Replace smoking</b>	<input type="checkbox"/>						
<input type="checkbox"/> <b>Practice 3-minute breathing exercise</b>	<input type="checkbox"/>						
<input type="checkbox"/> <b>Reduce or track alcohol consumption</b>	<input type="checkbox"/>						
<input type="checkbox"/> <b>Check blood pressure</b>	<input type="checkbox"/>						
<input type="checkbox"/> <b>Add anti-inflammatory food to diet</b>	<input type="checkbox"/>						