A FREE 2-WEEK CHALLENGE · A PUBLIC SERVICE FROM PCD

Trash One a Day

Two weeks. One swap a day. See what changes.

PCD
PREFERRED CHIROPRACTIC DOCTOR

Week 1, trash it: each day, skip one processed food you'd normally have and swap in real food. **Week 2, live the difference:** keep your swaps going and notice how you feel. Then check in again and see what moved. Stick this on the fridge.

Check in *circle one per row. Score it: left = 0, middle = 1, right = 2*

	BEFORE · date _____	AFTER · date _____
My energy is	○ Low ○ Mid ○ High	○ Low ○ Mid ○ High
I sleep	○ Badly ○ OK ○ Great	○ Badly ○ OK ○ Great
Mornings I feel puffy or stiff	○ Often ○ Sometimes ○ Rarely	○ Often ○ Sometimes ○ Rarely
My cravings are	○ Strong ○ Some ○ Few	○ Strong ○ Some ○ Few
My head feels	○ Foggy ○ OK ○ Clear	○ Foggy ○ OK ○ Clear
My digestion is	○ Off ○ OK ○ Good	○ Off ○ OK ○ Good
My score	_____ **/ 12**	_____ **/ 12** change: _____

Week 1 · Trash it *one processed food out, one real food in*

DAY	DONE	I TRASHED	I SWAPPED IN
Day 1	☐		
Day 2	☐		
Day 3	☐		
Day 4	☐		
Day 5	☐		
Day 6	☐		
Day 7	☐		

Week 2 · Live the difference *keep your swaps going; jot one thing you notice*

Day 8 ☐	Day 9 ☐	Day 10 ☐	Day 11 ☐	Day 12 ☐	Day 13 ☐	Day 14 ☐

Missed a day? That's not failing. Pick it back up tomorrow. Some of it, some of the time, still works.

Easy swaps to start with

Soda → sparkling water + lemon
Chips → roasted rosemary nuts
Candy bar → apple + almond butter
Sweetened yogurt → berries + coconut
Sandwich bread → lettuce wrap
Drive-thru lunch → last night's leftovers

Day 14: what moved?

Scan to take the challenge online: get your score instantly, reminders on day 7 and day 14, and your before and after side by side.

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