

2021

REFRESH CHALLENGE

Start a
Gratitude
Journal

Go
completely
plant-based
for 1 whole
day

Swap 1 meal
for a
plant-based
version

Avoid any
processed
foods for 1
whole day

Eat a USDA
Organic
labelled
food

Take a 1
hour digital
device
break

Watch
"The Game
Changers"

Eat a
Non-GMO
Project
Verified
food

Eat a
local
fruit

Drink
more
water

Drink a
green
juice or
smoothie

Wake up 1
hour earlier
than usual

Clean out
your
pantry

Find out
what the
EWG
"Dirty
Dozen" is

Try a new
plant-
based
dish

Set a
reminder to
take a deep
cleansing
breath
everyday

Eat 100%
local foods
for 1
whole day

Try
something
new!

Cook 1
plant-
based
meal

Watch
"Secret
Ingredients"

Share online
3 things
you're
grateful for

Eat
more
plants!

Eat 100%
organic for
1 whole day

Go to sleep
1 hour
earlier than
usual

On 1
grocery
run, buy
all local
produce

Call
(don't text!)
a friend or
family
member

Watch
"Forks
over
Knives"

Follow a local
farmer or
food producer
on social
media

Spend a
whole day
outside

Go
completely
plant-based
for 1 more
day



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Get more inspiration at d2e.co/2021refresh

- Start a Gratitude Journal
- Go completely plant-based for 1 whole day
- Swap 1 meal for a plant-based version
- Avoid any processed foods for 1 whole day
- Eat a USDA Organic labelled food
- Take a 1 hour digital device break
- Watch "The Game Changers"
- Eat a Non-GMO Project Verified food
- Eat a local fruit
- Drink more water
- Drink a green juice or smoothie
- Wake up 1 hour earlier than usual
- Clean out your pantry
- Find out what the EWG "Dirty Dozen" is
- Try a new plant-based dish
- Set a reminder to take a deep cleansing breath everyday
- Eat 100% local foods for 1 whole day
- Try something new!
- Cook 1 plant-based meal
- Watch "Secret Ingredients"
- Share online 3 things you're grateful for
- Eat more plants!
- Eat 100% organic for 1 whole day
- Go to sleep 1 hour earlier than usual
- On 1 grocery run, buy all local produce
- Call (don't text!) a friend or family member
- Watch "Forks over Knives"
- Follow a local farmer or food producer on social media
- Spend a whole day outside
- Go completely plant-based for 1 more day