

Prep Phase Challenges

Challenges are activities you do each day to support the Prep phase detoxification process. The Prep phase includes three specific challenges for you:

- R1 Remove the Source Challenge
- Diet Challenge
- Exercise Challenge

While we suggest some specific challenges for you, your TCD practitioner may customize the challenges specifically for your needs.

R1 Remove the Source Challenge

Your R1 “remove the source” challenge in the Prep phase is to remove at least one toxic source from your life. Read the Toxic Top 10 article for ideas about the various toxic sources in your life.

- **Start:** Removing at least one toxic source from your life.
- **Start:** Rating your compliance with this challenge in your weekly journal.

Diet Challenge

Don't eat less. Eat less often. Your diet challenge is to eat only three (3) times per day: breakfast, lunch, and dinner. That means no in-between meals snacks.

- **Start:** Eating ONLY breakfast, lunch, and dinner.
- **Start:** Rating your compliance in your weekly journal.

Exercise Challenge

Your exercise challenge is to walk at least 15 minutes a day. If you are already doing more, such as running, for a longer duration, say 30 minutes, then keep doing what you are doing.

- **Start:** Walking at least 15 minutes a day.
- **Start:** Rating your compliance in your weekly journal.