


30 DAY GLOW UP CHALLENGE

Confidence • Discipline • Energy




By - Sam | Life Changer


WELCOME TO THE CHALLENGE



This 30-day glow up challenge is built to elevate your routine, sharpen your habits, and align your mindset to become the **strongest version of yourself** - inside and out.



You'll find daily rituals, weekly check-ins, and lifestyle hacks that boost your **confidence**, **presence**, and **energy**. No fluff - just solid, proven habits that help you build a consistent and high-performing lifestyle.



Consistency Wins. Let's get started!.

YOUR DAILY ROUTINE



MORNING ROUTINE

Gentle foaming cleanser



Sunscreen SPF 30+



NIGHT ROUTINE

Repairing night
moisturizer



Vitamin C serum or
antioxidant serum



YOUR WEEKLY ROUTINE

Exfoliate

1-2 times per week

Use a gentle chemical exfoliant (AHAs/BHAs) to remove dead skin cells for a brighter complexion

Avoid physical scrubs, especially if shaving regularly



Face Mask



Once per week

use a hydrating or clay mask, depending on skin type.

Hydrating masks suit dry skin; clay masks help oily or acne-prone skin

LIFESTYLE HABITS

Critical for Visible Results!

Hydration

Drink at least **2–3 liters** of water daily for detoxification and skin plumpness

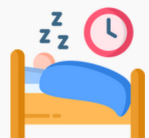


Eat **antioxidant-rich** foods (fruits, veggies, healthy fats) and limit processed foods for better skin tone

Diet

Sleep

Aim for **7–8 hours** of quality sleep; cell turnover and repair occur overnight



Physical activity improves circulation and encourages a healthy, glowing complexion

Exercise