

# HUMBLE KIND WISE 21 DAY 'CALM GUT' CHALLENGE

Get more energy and feel better by improving your gut with two tbsp of sea moss gel a day.

This simple daily ritual becomes a cornerstone habit, setting the stage for further positive changes in your life. Our Caribbean sea moss gel isn't just nature's premium nourishment; it's a daily reminder to prioritize your well-being.

<input type="checkbox"/> <b>PREP</b> Use discount code HKW21C to order 3 packs of HKW Caribbean Sea Moss Gel	<input type="checkbox"/> <b>PREP</b> Get a notepad	<input type="checkbox"/> <b>PREP</b> Book a free 30 min coaching session to kickstart challenge (Optional)	<input type="checkbox"/> <b>PREP</b> Set your wellness goal focus. Write down what you want to track.	<input type="checkbox"/> <b>PREP</b> Write a list of 10 things you're grateful for
<input type="checkbox"/> <b>DAY 1</b> Take 2 tbsp of HKW Caribbean Sea Moss Gel in the AM	<input type="checkbox"/> <b>DAY 2</b> Take 2 tbsp of HKW Caribbean Sea Moss Gel in the AM	<input type="checkbox"/> <b>DAY 3</b> Take 2 tbsp of HKW Caribbean Sea Moss Gel in the AM	<input type="checkbox"/> <b>DAY 4</b> Take 2 tbsp of HKW Caribbean Sea Moss Gel in the AM	<input type="checkbox"/> <b>DAY 5</b> Take 2 tbsp of HKW Caribbean Sea Moss Gel in the AM
<input type="checkbox"/> <b>DAY 6</b> Take 2 tbsp of HKW Caribbean Sea Moss Gel in the AM	<input type="checkbox"/> <b>DAY 7</b> Take 2 tbsp of HKW Caribbean Sea Moss Gel in the AM	<input type="checkbox"/> <b>DAY 8</b> Take 2 tbsp of HKW Caribbean Sea Moss Gel in the AM	<input type="checkbox"/> <b>DAY 9</b> Take 2 tbsp of HKW Caribbean Sea Moss Gel in the AM	<input type="checkbox"/> <b>DAY 10</b> Take 2 tbsp of HKW Caribbean Sea Moss Gel in the AM
<input type="checkbox"/> <b>DAY 11</b> Take 2 tbsp of HKW Caribbean Sea Moss Gel in the AM	<input type="checkbox"/> <b>DAY 12</b> Take 2 tbsp of HKW Caribbean Sea Moss Gel in the AM	<input type="checkbox"/> <b>DAY 13</b> Take 2 tbsp of HKW Caribbean Sea Moss Gel in the AM	<input type="checkbox"/> <b>DAY 14</b> Take 2 tbsp of HKW Caribbean Sea Moss Gel in the AM	<input type="checkbox"/> <b>DAY 15</b> Take 2 tbsp of HKW Caribbean Sea Moss Gel in the AM
<input type="checkbox"/> <b>DAY 16</b> Take 2 tbsp of HKW Caribbean Sea Moss Gel in the AM	<input type="checkbox"/> <b>DAY 17</b> Take 2 tbsp of HKW Caribbean Sea Moss Gel in the AM	<input type="checkbox"/> <b>DAY 18</b> Take 2 tbsp of HKW Caribbean Sea Moss Gel in the AM	<input type="checkbox"/> <b>DAY 19</b> Take 2 tbsp of HKW Caribbean Sea Moss Gel in the AM	<input type="checkbox"/> <b>DAY 20</b> Take 2 tbsp of HKW Caribbean Sea Moss Gel in the AM
<input type="checkbox"/> <b>DAY 21</b> Take 2 tbsp of HKW Caribbean Sea Moss Gel in the AM		<b>Join the 21 Day 'Calm Gut' Challenge at:</b> <a href="http://www.humblekindwise.com">www.humblekindwise.com</a>		