

Diet: Primal Celebration Dinner

Shop for ingredients, prepare recipes, and enjoy your celebration.

Savor every bite and establish a tradition of social gatherings and delicious food. After the meal, if weather permits, encourage everyone to take a stroll outdoors for at least 10 minutes. A leisurely evening walk promotes efficient digestion, helps relax mind and body after a busy day, and facilitates an easy transition into a good night's sleep later in the evening.

DAY 6

Exercise: Extended Duration Aerobic Workout

Conduct an extended duration aerobic workout at 55-75 percent of maximum heart rate, lasting at least an hour and up to several hours, if you have the fitness base.

Lifestyle: Listening Challenge

At your dinner party, conversation will likely drive to the impetus for the event and your efforts to embark on this change. Challenge yourself to be an exceptional listener this evening. Instead of commanding the floor and providing a blow-by-blow of your exciting journey, continually direct the attention and dialog back to others. Focus on gathering information and insights that may help you become an effective guide and mentor for those who may someday aspire to their own 21-Day challenge. Notice how energy and attention subtly shifts from one person to another during a gathering, and do your best to support and encourage others to communicate freely.