



CBD CHALLENGE

*MOTIVE*

8



CBD CHALLENGE

# MOTIVE8

Customize your own Motive Routine –  
take the Motive8 Day Challenge!

Our unique Motive8 Day Challenge allows you to easily insert CBD into your daily routine. Your benefits for your routine, at your pace.

## EACH DAY, FOR 8 DAYS...

- 🕒 Begin your day with 1 oz. of our Motive CBD oil, in your coffee, tea, try our smoothie recipe, or straight from the tincture dropper. Pick your favorite flavor!
- 🕒 Take a break! Enjoy a Motive CBD Fruit Chew, refresh with 2 Motive CBD Freshmints, or a Motive CBD Toothpick.
- 🕒 Recover after your exercise routine, with one of Motive CBD's relaxing creams. Apply the cream to areas where soreness or inflammation may persist.
- 🕒 Settle down for a restful sleep with Motive CBD's unique sleep caplet. Take 1 caplet an hour before bed.

## DAY 1

HOW I FELT UPON WAKING

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HOW I FELT AFTER MY WORKOUT

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HOW I FELT AT BEDTIME

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HOW I SLEPT

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FEELINGS FOR THE DAY

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## DAY 2

HOW I FELT UPON WAKING

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HOW I FELT AFTER MY WORKOUT

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HOW I FELT AT BEDTIME

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HOW I SLEPT

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FEELINGS FOR THE DAY

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## DAY 3

HOW I FELT UPON WAKING

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HOW I FELT AFTER MY WORKOUT

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HOW I FELT AT BEDTIME

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HOW I SLEPT

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FEELINGS FOR THE DAY

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## DAY 4

HOW I FELT UPON WAKING

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HOW I FELT AFTER MY WORKOUT

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HOW I FELT AT BEDTIME

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HOW I SLEPT

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FEELINGS FOR THE DAY

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## DAY 5

HOW I FELT UPON WAKING

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HOW I FELT AFTER MY WORKOUT

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HOW I FELT AT BEDTIME

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HOW I SLEPT

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FEELINGS FOR THE DAY

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## DAY 6

HOW I FELT UPON WAKING

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HOW I FELT AFTER MY WORKOUT

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HOW I FELT AT BEDTIME

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HOW I SLEPT

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FEELINGS FOR THE DAY

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## DAY 7

HOW I FELT UPON WAKING

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HOW I FELT AFTER MY WORKOUT

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HOW I FELT AT BEDTIME

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HOW I SLEPT

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FEELINGS FOR THE DAY

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## DAY 8

HOW I FELT UPON WAKING

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HOW I FELT AFTER MY WORKOUT

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HOW I FELT AT BEDTIME

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HOW I SLEPT

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FEELINGS FOR THE DAY

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**CONGRATS!**

You've completed the Motive8 8 Day Challenge! We want to hear how it went. Post about your benefits, and become a Motive8tor. Use #Motive8 in your social posts, and we will send you a custom Motive CBD T-shirt just for having met the challenge!



MOTIVE WELLNESS