

**100
DAYS**



Daily Turtle On Tasks

1. Complete 2 separate airway clearance (ACT) sessions daily.
(Only one session can be 45 minutes of exercise, the other session must be any other ACT as long as you complete the entire ACT session.)
2. Take all your daily medications.
(Including your over the counter medications and supplements.)
3. Get outside for 20 minutes a day no matter the elements.
(Does not count as an airway clearance session. "Hospitalization modification" is permissible; get out of your room, ask for PT, if in isolation get out of bed and walk in your room, but ultimately move your body and get out of your head.)
4. Complete the daily PCD journal prompt.
(Visit PCD Smiles's website for the Daily Journal Prompt.)
5. Hydrate according to your healthcare plan.
(Consult your primary care, cardiologist, and PCD specialist for recommendations on hydration.)
6. Take 30 minutes a day for self care.
(Self care can be whatever you want. A nap, read, meditate, draw, or whatever.)
7. Select a hobby & practice it every day.
(Pick anything & stick with it, no days off. This can be combined with 30 minutes of daily self care)
8. Expand your existing PCD knowledge or learn something new about PCD, and then share that knowledge with others.
(Expand your knowledge and spread awareness of PCD. This can be done by making a post in a PCD support group posing a question about PCD to the group. We learn from other's antidotal life experiences.)

Turtle On 100 Day Challenge

Complete each of the daily tasks listed above for 100 days in a row. If you miss a task one day, then you start back a Day 1 of the challenge.

#TurtleOnChallenge #TurtleOn100 #PCDchallenge

Good luck! And don't forget to tag us in your posts on social media,
#PCDsmiles

"It takes 40 days to break a habit; 90 days to gain the new habit; 120 days and you are the habit; 1,000 days you are Master of it. ~ author unknown