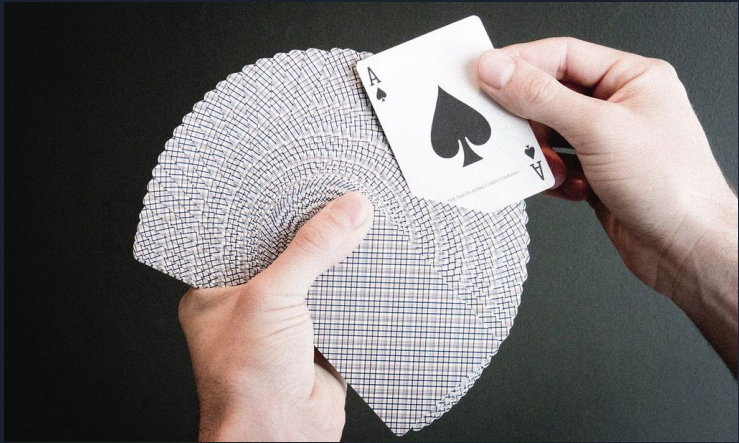




30 Day Challenge TED-talk

Jake Choi







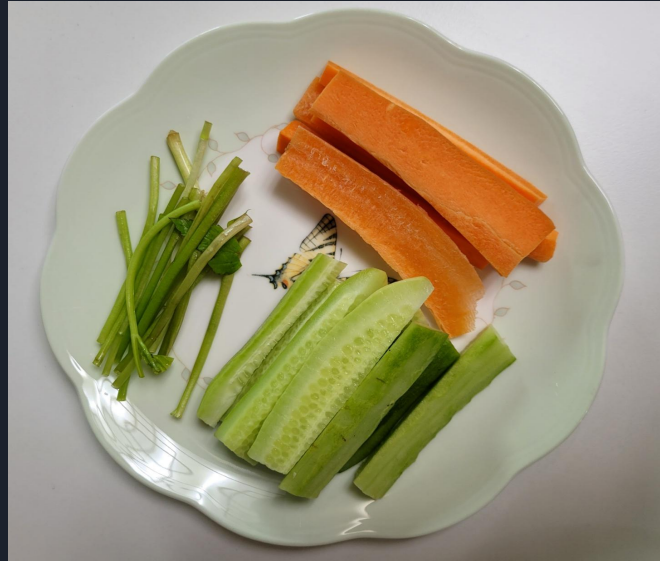
- Vitamin C
- Vitamin E
- Folic Acid

Important for health



Day 1











1. Importance of trying new things
2. Importance of setting goals & striving



FUN


Creative



Facts must be faced. Vegetables
simply don't taste as good as
most other things do.

Peg Bracken

quote fancy



**WE HAVE
NOTHING TO
FEAR BUT FEAR
ITSELF.**

-FRANKLIN D. ROOSEVELT



THANK
YOU