

14-Day UNWD Challenge

Follow this every day. Win \$90 in store credit.

- **TODAY (DAY YOU ORDERED) IS DAY 0 – CHALLENGE BEGINS DAY 1 (BEFORE YOUR PACKAGE ARRIVES):**

1. Watch the STAGE 1 video sent to your email and/or text.
2. Delete your social media apps.
3. Plan time for your movement. (Example: 15-minute walk during lunch and after dinner)
4. If you watch TV with friends or family before bed, let them know you'll be off screens 90 minutes before bed for the next 14 days. No surprises.

Starting Date _____ Day 1	Mind Hack Scoop	No Social Media	30 Minutes of Movement	No Screens 90 Min Before Bed
Day 1	Start Challenge Before Mind Hack Arrives			
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				

I, _____, did this challenge honestly and to the best of my ability.
(Full Name)

Signature: _____

Date: _____

Within 7 days of completing Day 14, please send this to James or info@unwd.com to claim your \$90 store credit.

Note: Everyone's body is different. If you haven't felt the calming by Day 8, text James so he can help make adjustments before you run out.

Challenge Rules

Plain English. No fine print games.

What you agree to do:

1. Take Mind Hack daily following STAGE 1.

- You'll get a video showing you exactly how. Follow the dosing schedule, including the scoop increase on the fifth day if the calming has not kicked in.
- Link: <https://unwd.com/instructions/>

2. Delete all social media apps on your phone until the end of the challenge.

- Just the apps (Instagram, TikTok, YouTube Shorts, Facebook, X, Reddit, whatever you use). Not forever. Starting today, the day your order is placed. We may ask for a screenshot of your screen time.

3. Add 30 EXTRA minutes of movement daily.

- Any kind. A walk. A home workout video. Dancing to music. Anything that gets you moving. If you already exercise, add an extra 30 minutes of movement on top.

4. No electronic screens 90 minutes before bed.

- Phone, TV, laptop, Kindle... all of it off. Not even with blue light glasses. Every night for 14 days.

Why I am willing to give you \$90 store credit on a \$60 box:

- You can't overturn years of anxiety and bad habits in a week or two. This challenge **over-rewards the few people who are serious enough** to actually do 14 days of real change.
- You can't out-supplement or out-medicate lifestyle habits that keep your nervous system on high alert. **Mind Hack is there to support those changes, not replace them.** That's why the reward is tied to doing the habits, not just taking a scoop.
- There's no magic pill or supplement for anxiety. If you want a quick fix with zero effort, this isn't for you. If you're willing to do the work for 14 days, **I'm willing to put \$90 in store credit on the line to prove it's worth it.**

A few other things:

- Your 14-day challenge starts the day after you place your order, even if your package hasn't arrived yet. **Use today (Day 0) to watch the video, delete your apps, and plan your movement. Start the 3 habits on Day 1, and start your daily scoop of Mind Hack as soon as it shows up.**
- The honor system applies. We trust you and thank you for being an honest person.
- Limit one 14-Day UNWD Challenge and \$90 credit per person.
- If something seems off, we reserve the right to ask for simple evidence – like a screen time screenshot.
- The \$90 UNWD store credit for completing the challenge will be split up into 3 future orders of \$30 each.
- Store credit is valid for 6 months after issue.
- Please send this form within 7 days of finishing Day 14 to claim your \$90 store credit.
- If you have any questions at any point during the challenge, text James or email info@unwd.com.