

# 30-DAY SELF-CARE CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<input type="checkbox"/> Drink 8 Glasses of Water	<input type="checkbox"/> Make Your Bed	<input type="checkbox"/> Take a 20-Minute Walk	<input type="checkbox"/> Eat One Fruit	<input type="checkbox"/> Stretch for 10 Minutes
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<input type="checkbox"/> Read 10 Pages	<input type="checkbox"/> Sleep Before 11 PM	<input type="checkbox"/> Declutter One Small Area	<input type="checkbox"/> Get 10 mins of morning sunlight	<input type="checkbox"/> Write 3 things you are grateful for
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<input type="checkbox"/> Call or Text a Loved One	<input type="checkbox"/> Eat a Healthy Breakfast	<input type="checkbox"/> Spend 30 Minutes Offline	<input type="checkbox"/> Deep breathe for 5 minutes	<input type="checkbox"/> Plan Tomorrow's Tasks
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<input type="checkbox"/> Clean Your Workspace	<input type="checkbox"/> No Complaining for One Day	<input type="checkbox"/> Limit Social Media to 30 Minutes	<input type="checkbox"/> Do 15 Minutes of Exercise	<input type="checkbox"/> Eat Vegetables with Every Meal
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
<input type="checkbox"/> Review Your Monthly Budget	<input type="checkbox"/> Spend Time on a Hobby	<input type="checkbox"/> Go Outside for Fresh Air	<input type="checkbox"/> Write Down One Personal Goal	<input type="checkbox"/> Avoid Sugary Drinks
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<input type="checkbox"/> No screens 45 mins before sleep	<input type="checkbox"/> Sit Up Straight All Day	<input type="checkbox"/> Do One Kind Act	<input type="checkbox"/> Avoid Junk Food Today	<input type="checkbox"/> Reflect on Your Progress