

30-Day Self-Care Challenge

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