

# 30 Day Self-Care Challenge

Month:

Year:

Drink 8 Glasses  
of Water

Make Your Bed

Take a  
20-Minute Walk

Eat One Fruit

Stretch for 10  
Minutes

Read 10 Pages

Sleep Before 11  
PM

Declutter One  
Small Area

Get 10 mins of  
morning sunlight

Write 3 things  
you are grateful  
for

Call or Text a  
Loved One

Eat a Healthy  
Breakfast

Spend 30  
Minutes Offline

Deep breathe for  
5 minutes

Plan Tomorrow's  
Tasks

Clean Your  
Workspace

No Complaining  
for One Day

Limit Social  
Media to 30  
Minutes

Do 15 Minutes of  
Exercise

Eat Vegetables  
with Every Meal

Review Your  
Monthly Budget

Spend Time on a  
Hobby

Go Outside for  
Fresh Air

Write Down One  
Personal Goal

Avoid Sugary  
Drinks

No screens 45  
mins before sleep

Sit Up Straight  
All Day

Do One Kind  
Act

Avoid Junk Food  
Today

Reflect on Your  
Progress