

30 DAY SELF-CARE *Challenge*

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