

31-DAYS OF WELLNESS CHALLENGE



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

				<p>Pledge to FINISH the 31-Days of Wellness Challenge</p> <p>1</p>	<p>Take a 20-minute walk in the nearest park</p> <p>2</p>	<p>Spend 10 minutes doing morning stretches</p> <p>3</p>
<p>Write down three things you're grateful for</p> <p>4</p>	<p>Cook a new, healthy recipe.</p> <p>5</p>	<p>Extend your meditation to 10 minutes</p> <p>6</p>	<p>Create a vision board with your goals and dreams</p> <p>7</p>	<p>Follow a 15-minute beginner yoga video</p> <p>8</p>	<p>Try a fruit you've never eaten before</p> <p>9</p>	<p>Spend 20 minutes reading a self-help book</p> <p>10</p>
<p>Practice deep breathing for 5 minutes</p> <p>11</p>	<p>Dance to your favorite songs for 15 minutes</p> <p>12</p>	<p>Eat a mindful, undistracted meal</p> <p>13</p>	<p>Share an inspirational quote</p> <p>14</p>	<p>Back to School Create a HOME-SPA DAY!!!</p> <p>15</p>	<p>Incorporate a new vegetable into today's meal</p> <p>16</p>	<p>Take a 30-minute walk with your kids</p> <p>17</p>
<p>Listen to an uplifting podcast</p> <p>18</p>	<p>Create Something</p> <p>19</p>	<p>Have a lunch date with a friend</p> <p>20</p>	<p>20 min. meditation with gentle stretching</p> <p>21</p>	<p>Take a 20-minute mindful walk</p> <p>22</p>	<p>Take two 5-minute stretch breaks today</p> <p>23</p>	<p>Start an online course or watch a tutorial</p> <p>24</p>
<p>Have a mini outdoor scavenger hunt</p> <p>25</p>	<p>Work on a creative project</p> <p>26</p>	<p>Start your day with positive affirmations</p> <p>27</p>	<p>Have lunch outdoors</p> <p>28</p>	<p>Reflect on your wellness journey</p> <p>29</p>	<p>Write down your goals for next month</p> <p>30</p>	<p>Celebrate your success and share your journey</p> <p>31</p>