



30-Day Self Care Challenge

MON	TUE	WED	THUR	FRI	SAT	SUN
<p>Self Care: the practice of taking action to preserve or improve one's own health.</p>	<p>Do at least ONE thing for yourself each day this month.</p>	<p>Use this tracker to make your plan and track your progress this month!</p>	<p>Why am I taking this Challenge?</p>	<p>How will I make sure I'm 100% successful this month?</p>	<p>My Self-Care Mantra:</p>	<p>1 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>
<p>2 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>3 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>4 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>5 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>6 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>7 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>8 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>
<p>9 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>10 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>11 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>12 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>13 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>14 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>15 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>
<p>16 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>17 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>18 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>19 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>20 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>21 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>22 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>
<p>23 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>24 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>25 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>26 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>27 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>28 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>	<p>29/30 ___Meditate ___Gratitude ___Yoga ___Say "No" ___Sweat ___Meal Prep ___Walk ___Bath ___Juice _____</p>