



# 30 -Day Quarantine Challenge

MON	TUE	WED	THUR	FRI	SAT	SUN
<p><b>Self Care:</b> 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. Use this tracker to make your plan and track your progress this month!</p>	<p>1            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>2            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>3            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>4            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>5            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>
<p>6            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>7            __Meditate __Gratitude            __Yoga __Say "No"            __Sweat __Meal Prep            __Walk __Bath            __Juice _____</p>	<p>8            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>9            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>10            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>11            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>12            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>
<p>13            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>14            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>15            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>16            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>17            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>18            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>19            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>
<p>20            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>21            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>22            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>23            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>24            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>25            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>26            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>
<p>27            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>28            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>29            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</p>	<p>30            __Meditate __Gratitude            __Yoga __Say "hi"            __Sweat __Eat Well            __Walk __Bath            __Juice _____</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>