

30-Day Wellness Activity Challenge



| | | | | |
|---|---|--|---|--|
| DAY 1 Schedule a game night | DAY 2 Read for 30 minutes | DAY 3 Try a new recipe | DAY 4 Watch a movie | DAY 5 Schedule a day of self-care |
| DAY 6 Do a puzzle | DAY 7 Facetime with family | DAY 8 Try a at-home workout | DAY 9 Take a social media detox | DAY 10 Try a 5 minute meditation |
| DAY 11 Set a mini goal | DAY 12 Plan a date night at home | DAY 13 Cross an item off your to-do list | DAY 14 Start a journal | DAY 15 Go for a walk |
| DAY 16 Drink just water today | DAY 17 Wake up 30 minutes earlier | DAY 18 Organize one spot in your home | DAY 19 Have a phone free night | DAY 20 Write 3 goals for the week |
| DAY 21 Go to bed 30 minutes earlier | DAY 22 Listen to a podcast | DAY 23 Contact an old friend | DAY 24 Stretch for 10 minutes | DAY 25 Enjoy time with a pet or animal |
| DAY 26 Take a virtual museum tour | DAY 27 List 3 things you are grateful for | DAY 28 Plan a healthy breakfast | DAY 29 Have lunch outside | DAY 30 Create a playlist |