

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