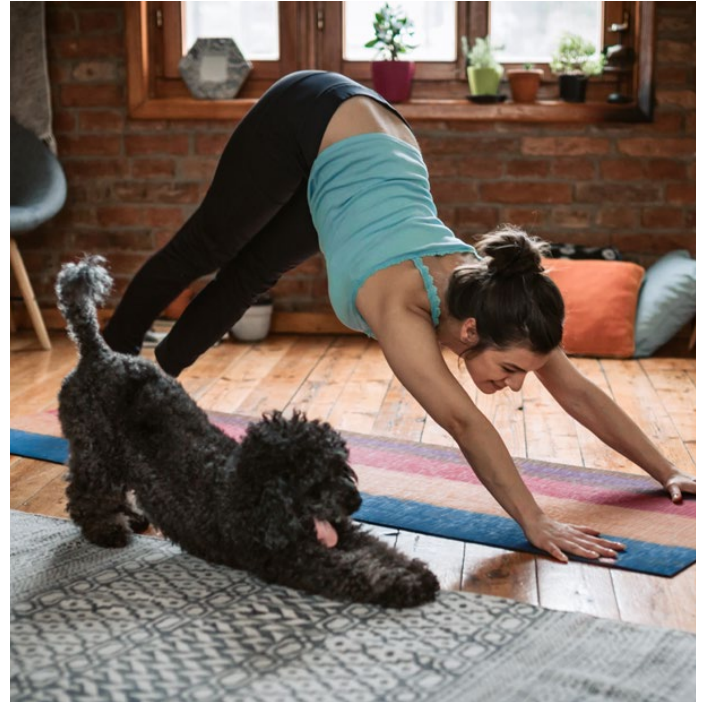


30 DAY CHALLENGE



OVERVIEW:

Make the most of your month with a new challenge to tackle each day.

Print out this 30-day challenge to keep track of your progress!

WHAT'S INCLUDED:

- **30-Day Challenge Checklist**
A monthlong challenge to help you stay active and engaged every day.

WEEK ONE:

Focus on Fitness

Start off this challenge strong with a fitness-centric week.

- Day 1-** Get outside and take a walk.
- Day 2-** Try an online yoga or Pilates class.
- Day 3-** Try HIIT-style exercises.
- Day 4-** Incorporate stretches into your routine to help alleviate tension.
- Day 5-** Do a 30-minute workout that combines walking and running.
- Day 6-** Rest day. Strive for optimal hydration.
- Day 7-** Finish the week with 8–10 HIIT-based exercises.

WEEK THREE:

Happy Home, Happy You

Take time to make some much-needed changes to make your home more relaxing.

- Day 15-** DIY your own natural cleaning products.
- Day 16-** Use the KonMari method to organize your closet.
- Day 17-** Work on creating the perfect sleep environment.
- Day 18-** Focus on organizing your spice cabinet.
- Day 19-** Organize your entryway and mudroom.
- Day 20-** Wipe down the insides of all your cabinets.
- Day 21-** Get some indoor plants, or consider painting a room a lighter color.

WEEK TWO:

Kick Up Your Creativity

If you're looking to get your creative juices flowing, here's a week full of inspiring ideas to do just that.

- Day 8-** Try a new recipe.
- Day 9-** Watch a TED Talk or a documentary.
- Day 10-** Take a different route while walking around your neighborhood.
- Day 11-** Read, write, or draw something.
- Day 12-** Create a vision board.
- Day 13-** Set up a treasure hunt and do your own version of geocaching right in your backyard.
- Day 14-** Set a timer for 10 minutes, and write down everything you're feeling.

WEEK FOUR:

Focus on Self-Care

Sundays are a great day to rest and recharge, but why not do something for yourself every day?

- Day 22-** Start a bullet journal to organize and reflect.
- Day 23-** Try some meditating.
- Day 24-** Take a bath or try a homemade face mask.
- Day 25-** Treat yourself to your favorite luxurious coffee drink.
- Day 26-** Clean up your social media.
- Day 27-** Write down 10 things you're grateful for in this moment.
- Day 28-** Make plans with or call a friend you haven't seen in a while.
- Day 29-** Put a bouquet of flowers on your kitchen table.
- Day 30-** Set your intentions for the next month.