

30 DAY
CHALLENGE

WHY DID YOU START THIS CHALLENGE?

DATE

1

2

3

4

5

HOW DO YOU FEEL?

6

7

8

9

10

1/3 DONE!



11

12

13

14

15



1/2 DONE!

16

17

18

19

20

2/3 DONE!



21

22

23

24

25

HOW DO YOU FEEL?

26

27

28

29

30



WELL DONE!

remember why you started this challenge