



Invest in Yourself: 30 Day Challenge

NAME: _____

TOTAL POINTS: _____

TRACK YOUR PROGRESS

Investing in yourself will allow you to become the best version of yourself.

To participate in this challenge, complete a healthy activity each day. Place a check mark in the box when you complete. Each day is worth one point. To complete this challenge, you need to accumulate at least 20 points.

The tasks may seem easy, but that's kinda the point—30 small changes add up. By the end of 30 days, you won't believe the impact you've made on your health!



WEEK 1

<input type="checkbox"/> DAY 1 Meditate for 10 minutes	<input type="checkbox"/> DAY 2 Practice the 80/20 rule when choosing meals	<input type="checkbox"/> DAY 3 Take a 15-minute walk	<input type="checkbox"/> DAY 4 Look for ways remove negativity in your life	<input type="checkbox"/> DAY 5 Drink at least 8 glasses of water	<input type="checkbox"/> DAY 6 Go outside and take a walk	<input type="checkbox"/> DAY 7 Be creative - cook, write, paint, make or inspire
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WEEK 2

<input type="checkbox"/> DAY 8 Go to bed earlier	<input type="checkbox"/> DAY 9 Listen to music that makes you happy	<input type="checkbox"/> DAY 10 Do a 10-minute ab, leg or arm workout	<input type="checkbox"/> DAY 11 Practice a stress-relief activity	<input type="checkbox"/> DAY 12 Take a lunch break	<input type="checkbox"/> DAY 13 Highlight a good quality about yourself	<input type="checkbox"/> DAY 14 Exercise for 30 minutes
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WEEK 3

<input type="checkbox"/> DAY 15 Spend less time sitting down today	<input type="checkbox"/> DAY 16 Create a "no" list	<input type="checkbox"/> DAY 17 Practice mindful eating	<input type="checkbox"/> DAY 18 Try a new exercise	<input type="checkbox"/> DAY 19 Challenge your negative thoughts	<input type="checkbox"/> DAY 20 Organize your workspace	<input type="checkbox"/> DAY 21 Find out the nutritional value of food you eat today
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WEEK 4

<input type="checkbox"/> DAY 22 Write down 5 things to be happy about	<input type="checkbox"/> DAY 23 Eat when you're hungry	<input type="checkbox"/> DAY 24 Wake up early and stretch for 10 minutes	<input type="checkbox"/> DAY 25 Smile and greet everyone you see today	<input type="checkbox"/> DAY 26 Stock up on healthy snacks	<input type="checkbox"/> DAY 27 Try a deskercise	<input type="checkbox"/> DAY 28 Write out positive affirmations
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WEEK 5

<input type="checkbox"/> DAY 29 Watch something that makes you laugh	<input type="checkbox"/> DAY 30 Call a friend or family member
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"GIVE TIME AND ENERGY TO THAT WHICH YOU WANT MORE OF IN YOUR LIFE.
INVEST IN YOURSELF FOR A HIGHER QUALITY OF LIFE. YOU'RE WORTH IT."

- Akirog Brost