

## TRACK YOUR PROGRESS

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

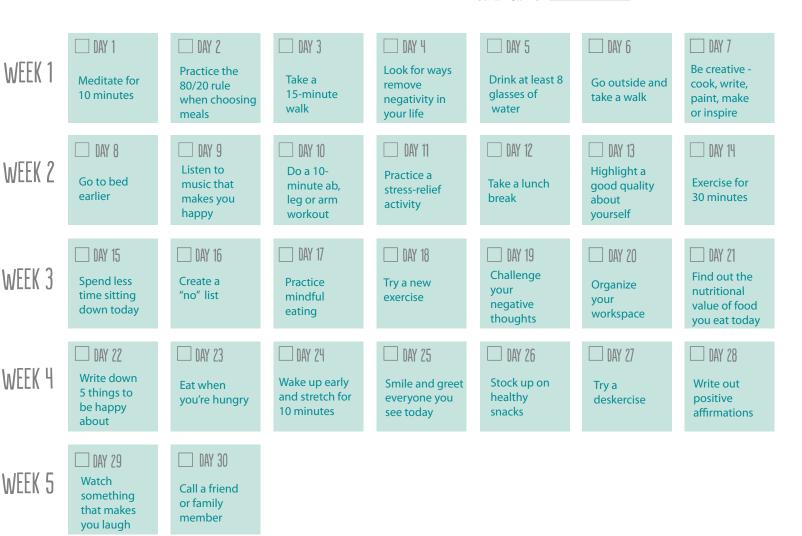
To participate in this challenge, complete a healthy activity each day. Place a check mark in the box when you complete. Each day is worth one point. To complete this challenge, you need to accumulate at least 20 points.

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!



NAME:

total points:



"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