

Create a Wellness Routine 30 Day Challenge

You will receive 30-60 points for completing this activity

Name: _____ Facility: _____

Instructions: Please fill out the form below to receive credit. It must be the same activity for the 30 days. 30 points per 30 day round. Max 60 points for completing two rounds.

Walk, Meditate, Journal, Read, Physical Activity, Food Prep,
Cold Plunge, Sauna, Sugar Cleanse, or No Take-Out!

Tips & Tricks:

- Find a friend to compete in the challenge with you for accountability
- Find a walking buddy
- Commit to a meditation app and complete the daily meditations
- Find a friend to go to the gym with or workout with daily
- Wake up 15 minutes earlier to complete your activity
- Pack a healthy lunch every evening or in the morning

Day	Date	Activity
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Day 8		
Day 9		
Day 10		
Day 11		
Day 12		
Day 13		
Day 14		
Day 15		

Day	Date	Activity
Day 16		
Day 17		
Day 18		
Day 19		
Day 20		
Day 21		
Day 22		
Day 23		
Day 24		
Day 25		
Day 26		
Day 27		
Day 28		
Day 29		
Day 30		