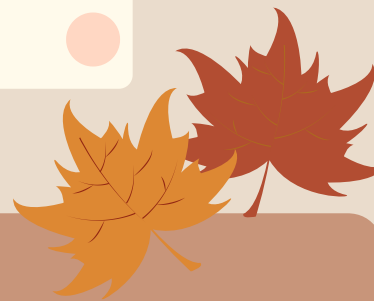


# 30-Day Self Care Challenge

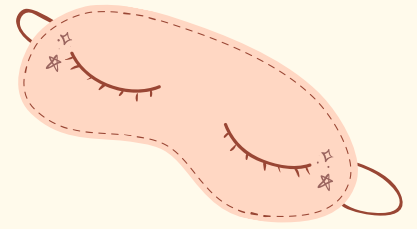
Month:

Year:

Journal your thoughts	Go for a short walk	Stretch your body	Light a candle	Take a bubble bath
Go to bed earlier	Write a bucket list	Eat nourishing food	Watch a movie	Play with a pet
Pamper yourself	Go on a solo date	Practice gratitude	Try a DIY project	Ask for a hug
Go for a long walk	Spend time in nature	Write a journal	Read a book	Watch the sunrise
Sit in the sun	Start a new hobby	Spa day at home	Grow a plant	Watch the sunset
Eat mindfully	Learn a new skill	Set small goals	Drink plenty of water	Do your nails



# Sleep Tracker



Month:

Year:



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sleep							
Hours							
Wake Up							
Mood							

Notes:

A large, empty rectangular area with a light pink background, intended for writing notes.