

30-Day Wellness Activity Challenge



- DAY 1**
Schedule a game night
- DAY 2**
Read for 30 minutes
- DAY 3**
Try a new recipe
- DAY 4**
Watch a movie
- DAY 5**
Schedule a day of self-care
- DAY 6**
Do a puzzle
- DAY 7**
Facetime with family
- DAY 8**
Try a at-home workout
- DAY 9**
Take a social media detox
- DAY 10**
Try a 5 minute meditation
- DAY 11**
Set a mini goal
- DAY 12**
Plan a date night at home
- DAY 13**
Cross an item off your to-do list
- DAY 14**
Start a journal
- DAY 15**
Go for a walk
- DAY 16**
Drink just water today
- DAY 17**
Wake up 30 minutes earlier
- DAY 18**
Organize one spot in your home
- DAY 19**
Have a phone free night
- DAY 20**
Write 3 goals for the week
- DAY 21**
Go to bed 30 minutes earlier
- DAY 22**
Listen to a podcast
- DAY 23**
Contact an old friend
- DAY 24**
Stretch for 10 minutes
- DAY 25**
Enjoy time with a pet or animal
- DAY 26**
Take a virtual museum tour
- DAY 27**
List 3 things you are grateful for
- DAY 28**
Plan a healthy breakfast
- DAY 29**
Have lunch outside
- DAY 30**
Create a playlist