

6 **IMPACT**

WEEKS WELLNESS CHALLENGE

It's **FUN**tastic!

30 DAYS
to form a new
HABIT

Start
by crossing a
BIG "X"
OVER EACH DAY
YOU ACCOMPLISH
YOUR DAILY TASK

My 30 Day Challenge is:

MON	TUES	WED	THUR	FRI	SAT	SUN
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 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	Celebrate Day 31	<i>Only what Challenges you will change you!</i>			