



Canva

30-DAY

wellness challenge / hard

45 min workout	1	2	3	4	5	6	7	8	9	10
45 min workout outside										
follow a diet										
1 gallon / 3 liters of water										
no alcohol or cheat meals										
read 10 pages of non-fiction										
progress picture										

45 min workout	21	22	23	24	25	26	27	28	29	30
45 min workout outside										
follow a diet										
1 gallon / 3 liters of water										
no alcohol or cheat meals										
read 10 pages of non-fiction										
progress picture										

30-day wellness challenge tracker /
hard version