

may 2024



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------------|---------------------------------------------|------------------------------------------|----------------------------------------------|------------------------------------|--------------------------------------|-----------------------------------|
| | | | Download the challenge calendar ₁ | Go for a walk ₂ | Hydration Focus ₃ | Meditation Moment ₄ |
| Gratitude List ₅ | Healthy Snack ₆ | Digital Detox ₇ | Yoga Stretch ₈ | Connect with a friend ₉ | Early Night ₁₀ | Compliment someone ₁₁ |
| Dance Break ₁₂ | Cook a Healthy Meal ₁₃ | Reflective Journaling ₁₄ | Mid-Challenge Check In ₁₅ | Nature Appreciation ₁₆ | Random Act of Kindness ₁₇ | Explore a New Hobby ₁₈ |
| Positive Affirmations ₁₉ | Laughter is the Best Medicine ₂₀ | Unplanned Adventure ₂₁ | Listen to a Podcast ₂₂ | Strength Training ₂₃ | Visualize Your Goals ₂₄ | Act of Self-Care ₂₅ |
| No Complain Day ₂₆ | Learn Something New ₂₇ | Favorite Physical Activity ₂₈ | Share Your Experience ₂₉ | Reflect and Plan ₃₀ | | |
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