

WELCOME TO THE 30-DAY HEALTHIER YOU CHALLENGE!

Let's make space for small habits
that support your well-being.

As the school year gets busy, taking care of yourself can feel harder. This challenge is a simple way to build small, healthy habits - one day at a time.

Your Personal Checklist:

- Write 1-3 of your favorite healthy activities.
- Once you have your list, choose one or more activities for your challenge. For example, "I will commit to reading ten pages of my favorite book."
- Decide which days during the week you will commit to your challenge.
- Track your progress! Each week, write down how it went.
- Pat yourself on the back for taking steps to a healthier you and think of ways you can continue to incorporate your challenge beyond the 30 days.