

Spring Into Wellness 30 Day Challenge

 One random act of kindness


Walk 10,000 steps

Write a daily gratitude

Enjoy a fresh fruit snack

 Take a guilt free nap

Give yourself a compliment

Make an electrolyte drink 

Meet up with a friend

Try 4x4 box breathing

Hold a 1 minute plank

Host a family game night

1 Week with no fast food

Take kids/pets to the park

 Try a weighted workout

Make overnight oats with chia & flax

 Enjoy a green smoothie

Have a spontaneous dance party

Try gentle yoga stretches

Cook a healthy family meal

Focus on daily hydration

Take an outdoor walk

Enjoy a spa day at home

 Make a wildflower bouquet

1 Day digital detox

Enjoy a large fresh salad

 Spend 30 minutes in nature

Clean/declutter your car

Join a group workout

Play an outside sport

 Read just for enjoyment