

# 30-Day Self-Care Challenge

Use this calendar to track your progress as you complete each challenge by covering the daily challenge circles with the self-care sticker of your choice.

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

# Self-Care Stickers

Cut out the stickers along the dotted lines and use them to decorate your self-care calendar as you complete the daily challenges.

