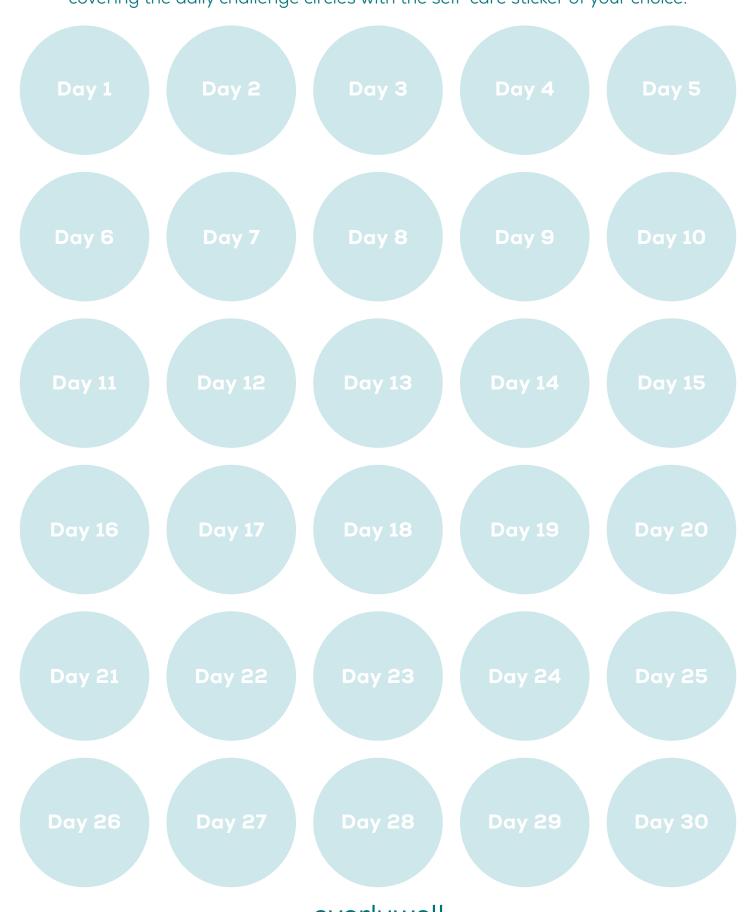
30-Day Self-Care Challenge

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.



everlywell

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.



























































