Wellness Challenge Clinic Calendar

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
Be Grateful	Schedule Your Next Doctor Appt.	Meditate	Plant a Little Positivity	Take a Walk Outside	Cook Dinner for Someone	Floss	Word of the Day	Ask for Advice	Turn Up the Music and Dance	Drink 8 Glasses of Water	Move While You Work	Wear Sunscreen	Get a Good Night's Rest	Log Your Day

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
Practice Forgiveness	Top 10	Theme Day	Work On a Hobby You Love	How Hungry Are You?	Be Thankful	Tea Time	Practice Productivity	New Food = New Dish	Potluck	First Impressions	Book Swap	Cat Nap	Compliment	Pick and Pledge

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