

30 day

CHALLENGE TRACKER

Give yourself a little check mark for each day you follow through on your choice. It's more than okay to not check all 30. The point is to challenge yourself and make conscious choices and perhaps discover some new habits you'd like more of in your life. This is a fun challenge and the only winner is you.

Day 1	<input type="checkbox"/>	Day 11	<input type="checkbox"/>	Day 21	<input type="checkbox"/>
Day 2	<input type="checkbox"/>	Day 12	<input type="checkbox"/>	Day 22	<input type="checkbox"/>
Day 3	<input type="checkbox"/>	Day 13	<input type="checkbox"/>	Day 23	<input type="checkbox"/>
Day 4	<input type="checkbox"/>	Day 14	<input type="checkbox"/>	Day 24	<input type="checkbox"/>
Day 5	<input type="checkbox"/>	Day 15	<input type="checkbox"/>	Day 25	<input type="checkbox"/>
Day 6	<input type="checkbox"/>	Day 16	<input type="checkbox"/>	Day 26	<input type="checkbox"/>
Day 7	<input type="checkbox"/>	Day 17	<input type="checkbox"/>	Day 27	<input type="checkbox"/>
Day 8	<input type="checkbox"/>	Day 18	<input type="checkbox"/>	Day 28	<input type="checkbox"/>
Day 9	<input type="checkbox"/>	Day 19	<input type="checkbox"/>	Day 29	<input type="checkbox"/>
Day 10	<input type="checkbox"/>	Day 20	<input type="checkbox"/>	Day 30	<input type="checkbox"/>