



SPRING 75

CHALLENGE TRACKER

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
NUTRITION																									
HYDRATION																									
MOVEMENT																									
DEVELOPMENT																									
WELLNESS																									

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GUIDELINES

- Nutrition for YOUR body, however that looks
- Hydration: more water, limiting other beverages
- Movement: move your body. Any way you can!
- Development: read, journal, draw, craft, or create
- Wellness: declutter, self-care, budget, better sleep, meditate... JUST ONE THING!