A large, stylized sunburst or flower-like graphic made of watercolor washes in shades of teal, light blue, and pale green. The center is a large, multi-lobed shape, with many smaller, teardrop-shaped washes radiating outwards in concentric circles.

# 30 Day Challenge with Tracker

created by: Jennifer Peevey, LPC

# 30 Day Challenge

HELLO LOVELIES,

Think of what you would like to commit to for 30 days.

Here are some ideas:

- Eat a healthy lunch
- Make your bed first thing
- Exercise: (yoga, stretches, walking)
- Get up 20 minutes earlier
- Drink half your body weight in oz. of water
- Eat a piece of fruit
- Solo dance party
- Watch a new Ted Talk
- Listen to a guided relaxation
- Write down one thing you are grateful for
- Brain dump in your journal before bedtime
- Work in your bullet journal

Committing to something for 30 days can be life changing for a number of reasons

- your mind opens up to new ideas that you might not have thought of before
- 30 days is a lot easier to manage than "I'm doing this FOREVER!!"
- 30 days is a great beginning to a new healthy habit
- tracking your new habit gives you a sense of accomplishment

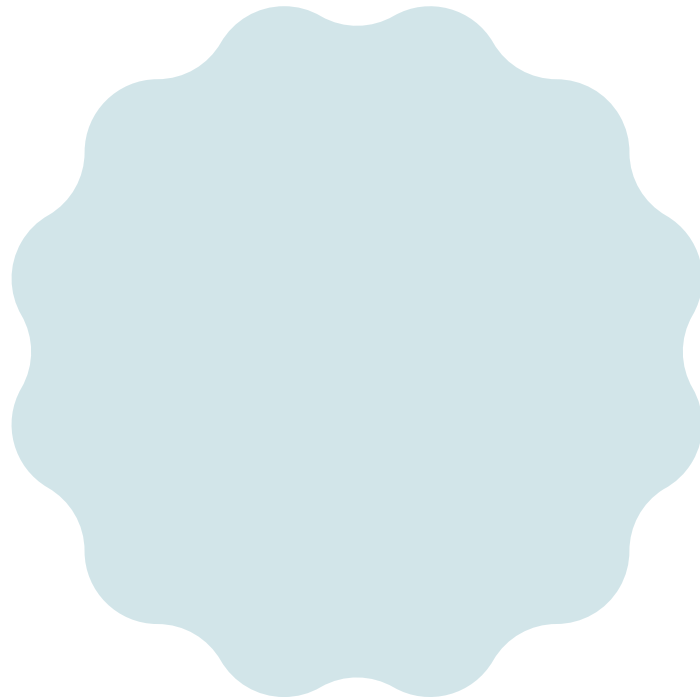
Let's Do This!

*Jennifer Peevey, LPC*

Jennifer Peevey, LPC

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MY 30 DAY CHALLENGE COMMITMENT WILL BE:



WHAT CHALLENGES DO I FORESEE  
HAVING TO FACE IN ORDER TO  
ACCOMPLISH MY 30 DAY COMMITMENT?

A large, light blue rectangular area with rounded corners, intended for writing answers to the challenge questions.

# 30 Day 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
26	27	28	29	30

# Post 30 Days Reflection

WHAT WERE MY BIGGEST CHALLENGES IN THE  
LAST 30 DAYS REGARDING MY COMMITMENT?

HOW SUCCESSFUL DO I FEEL AFTER THE 30 DAYS?



HOW LIKELY AM I TO CONTINUE WITH THIS HABIT?

