

30-DAY WELLNESS CHALLENGE

Small daily choices. Stronger habits. A healthier future.

Welcome to Your 30-Day Challenge

Wellness is rarely built through one dramatic change. It grows through small, realistic choices repeated consistently. This 30-day challenge is designed to help you strengthen seven foundations of lifelong wellness while discovering which habits work best for your life.

How to use this guide: Complete one simple action each day. Check it off, make a short note if useful, and keep moving forward. If you miss a day, do not restart - simply continue with the next day.

The 7 Foundations

Foundati on	Focus	Purpose
1	Hydration	Support your body with consistent water intake.
2	Nutrition	Choose foods that nourish and sustain you.
3	Movement	Build regular activity into everyday life.
4	Rest & Recovery	Protect sleep, recovery, and restorative time.
5	Stress & Emotional Wellbeing	Create space to reset, reflect, and reconnect.
6	Healthy Environment	Support wellbeing through your surroundings and routines.
7	Connection & Purpose	Strengthen relationships, gratitude, meaning, and community.

WEEK 1 - RESET & AWARENESS

■ Day 1 - Hydrate with intention

Begin your morning with a glass of water. Keep water nearby throughout the day.

Reflection: How did my energy feel today? _____

■ Day 2 - Add one nourishing food

Add one whole or minimally processed food to a meal - fruit, vegetables, beans, whole grains, nuts, seeds, eggs, fish, or another nourishing choice.

Reflection: What did I add? _____

■ Day 3 - Move for 15 minutes

Walk, stretch, cycle, dance, garden, or choose another comfortable form of movement.

Reflection: What movement felt good? _____

■ Day 4 - Create a sleep target

Choose a realistic bedtime and begin winding down 30 minutes beforehand.

Reflection: What could help me protect my sleep? _____

■ Day 5 - Take a five-minute reset

Sit quietly, breathe slowly, pray, meditate, journal, or simply step away from stimulation.

Reflection: How did I feel afterward? _____

■ Day 6 - Improve one space

Clear or organize one small area that affects your daily wellbeing.

Reflection: What space did I improve? _____

■ Day 7 - Connect

Call, visit, message, or spend meaningful time with someone important to you.

Reflection: Who did I connect with? _____

WEEK 2 - BUILD THE ROUTINE

■ Day 8 - Water check

Notice your water intake today and make it more consistent.

Reflection: What made hydration easier? _____

■ Day 9 - Build a balanced plate

Include a source of protein, plant foods, and a sensible source of energy at one meal.

Reflection: What did my balanced meal include? _____

■ Day 10 - Add five minutes

Increase your intentional movement to about 20 minutes if comfortable.

Reflection: How did my body respond? _____

■ Day 11 - Screen-free wind-down

Create at least 20 minutes before bed without unnecessary screens.

Reflection: Did it change how I settled down? _____

■ Day 12 - Name three good things

Write down three things you appreciate today.

Reflection: My three things: _____

■ Day 13 - Reduce one friction point

Identify one everyday habit or environment issue that makes healthy choices harder, and improve it.

Reflection: What did I change? _____

■ Day 14 - Share a meal or conversation

Create unrushed time with family, a friend, neighbor, or community member.

Reflection: What mattered about the connection? _____

WEEK 3 - STRENGTHEN

■ Day 15 - Begin the day well

Before getting pulled into the day, drink water and take one minute to set an intention.

Reflection: My intention: _____

■ Day 16 - Plan tomorrow's food

Make one decision tonight that will make tomorrow's nutrition easier.

Reflection: What did I prepare? _____

■ Day 17 - Include strength

Add gentle resistance such as chair squats, wall push-ups, resistance bands, or another appropriate strength activity.

Reflection: What did I do? _____

■ Day 18 - Protect recovery

Give yourself a deliberate period of physical and mental recovery today.

Reflection: What helped me recover? _____

■ Day 19 - Notice your stress signal

Identify one sign that tells you stress is building - then use a healthy response.

Reflection: My signal and response: _____

■ Day 20 - Bring wellness into your environment

Make one change involving light, fresh air, clutter, food visibility, or your daily setup.

Reflection: What changed? _____

■ Day 21 - Do something meaningful

Give time to something that creates purpose: family, service, faith, creativity, learning, mentoring, or community.

Reflection: What gave today meaning? _____

WEEK 4 - MAKE IT YOURS

■ Day 22 - Choose your best hydration habit

Repeat the hydration strategy that has worked best for you.

Reflection: My best strategy: _____

■ Day 23 - Choose your best nutrition habit

Repeat one food habit from the challenge that feels sustainable.

Reflection: The habit I want to keep: _____

■ Day 24 - Choose movement you enjoy

Do a form of activity you can realistically imagine continuing.

Reflection: My preferred movement: _____

■ Day 25 - Design your evening routine

Choose two or three actions that could become your regular wind-down routine.

Reflection: My routine: _____

■ Day 26 - Create your personal reset

Choose a stress-management practice you can use even on busy days.

Reflection: My reset practice: _____

■ Day 27 - Make the healthy choice easier

Set up your home, bag, desk, kitchen, calendar, or routine to support one healthy behavior automatically.

Reflection: What did I set up? _____

■ Day 28 - Strengthen a relationship

Express appreciation, listen carefully, forgive where appropriate, or make time for someone who matters.

Reflection: What did I learn? _____

FINAL TWO DAYS - REFLECT & CONTINUE

■ Day 29 - Review your progress

Look back over the previous four weeks. Notice improvement rather than perfection.

Reflection: What am I most proud of? _____

■ Day 30 - Choose your next 30 days

Select three habits you will carry forward. Keep them realistic enough to repeat.

Reflection: My three continuing habits: _____

YOUR 30-DAY REFLECTION

Use this page to turn what you learned into a simple, sustainable wellness plan.

The biggest positive change I noticed:

The habit that surprised me most:

The foundation that needs more attention:

The habit I found easiest to maintain:

The obstacle I want to solve next:

Someone who can support or encourage me:

MY NEXT 30 DAYS

1. _____
2. _____
3. _____

A Note from Health Therapies Lifestyle

Your wellbeing is a lifelong journey. Progress comes from learning your body, making informed choices, building supportive routines, and staying connected to the people and purposes that matter. Keep what works. Adjust what does not. Most importantly, keep going.

Building Healthier Lives, Stronger Families, and Lasting Legacies.

Educational resource only. This guide is not intended to diagnose, treat, cure, or prevent disease, and it is not a substitute for individualized medical advice. Choose activities appropriate for your abilities and consult a qualified healthcare professional when needed.