



2025

M.H.A.M.

Calendar

KLEWSHARE.ORG

PRINTABLE CALENDAR & DAILY ACTIVITY LISTS

Choose the format that is best for you!

There are three options:

- Option 1: Broken down into weeks, this allows you to follow the activity for each day depending on the week.
- Option 2: A To Do List format. Check off each activity as a to do list.
- Option 3: A Calendar format.

Print, Follow, and Have Fun!

31-DAY MHAM CHALLENGE



WEEK 1

Day Activity

- 1 Take a 10-minute walk outdoors (no phone).
- 2 Write 3 things you're grateful for.
- 3 Have a tech-free hour before bed.
- 4 Call or message someone you care about.
- 5 Try a 5-minute breathing exercise.
- 6 Write a positive affirmation and repeat it 3x.
- 7 Declutter one small space (desk, drawer, etc.)

WEEK 2

Day Activity

- 8 Practice mindful eating during one meal.
- 9 Journal your thoughts for 10 minutes.
- 10 Do one thing just for fun. No pressure.
- 11 Listen to music that lifts your mood.
- 12 Spend 10 minutes in nature (or near a window).
- 13 Stretch your body gently for 5–10 minutes.
- 14 Reflect on something you've overcome.

WEEK 3

Day Activity

- 15 Say no to something that drains you.
- 16 Drink water mindfully today (at least 8 cups).
- 17 Meditate or sit quietly for 10 minutes.
- 18 Write a kind note to yourself or someone else.
- 19 Limit social media to 30 minutes.
- 20 Cook or prepare a nourishing meal.
- 21 Watch or read something inspiring.

WEEK 4

Day Activity

- 22 Try something new — even if it's small.
- 23 Do a random act of kindness.
- 24 Reflect: What's been working for your wellness?
- 25 Go to bed 30 minutes earlier than usual.
- 26 Practice body appreciation — thank your body.
- 27 Visualize your ideal day or week.
- 28 Spend time with someone who energizes you.

WEEK 5

Day Activity

- 29 Write down one fear and one strength.
- 30 Plan a screen-free activity for the evening.
- 31 Reflect on the month: What habits helped most?

**“...Because
You are
worth it!”**



31-DAY MHAM CHALLENGE

Day Activity

- 1 Take a 10-minute walk outdoors (no phone). ☐
- 2 Write 3 things you're grateful for. ☐
- 3 Have a tech-free hour before bed. ☐
- 4 Call or message someone you care about. ☐
- 5 Try a 5-minute breathing exercise. ☐
- 6 Write a positive affirmation and repeat it 3x. ☐
- 7 Declutter one small space (desk, drawer, etc.) ☐
- 8 Practice mindful eating during one meal. ☐
- 9 Journal your thoughts for 10 minutes. ☐
- 10 Do one thing just for fun. No pressure. ☐
- 11 Listen to music that lifts your mood. ☐
- 12 Spend 10 minutes in nature (or near a window). ☐
- 13 Stretch your body gently for 5–10 minutes. ☐
- 14 Reflect on something you've overcome. ☐
- 15 Say no to something that drains you. ☐
- 16 Drink water mindfully today (at least 8 cups). ☐
- 17 Meditate or sit quietly for 10 minutes. ☐
- 18 Write a kind note to yourself or someone else. ☐
- 19 Limit social media to 30 minutes. ☐
- 20 Cook or prepare a nourishing meal. ☐

Day Activity

- 21 Watch or read something inspiring. ☐
- 22 Try something new — even if it's small. ☐
- 23 Do a random act of kindness. ☐
- 24 Reflect: What's been working for your wellness? ☐
- 25 Go to bed 30 minutes earlier than usual. ☐
- 26 Practice body appreciation — thank your body. ☐
- 27 Visualize your ideal day or week. ☐
- 28 Spend time with someone who energizes you. ☐
- 29 Write down one fear and one strength. ☐
- 30 Plan a screen-free activity for the evening. ☐
- 31 Reflect on the month: What habits helped most? ☐

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31-DAY MHAM CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Take a nature walk	2 Journal your thoughts	3 Practice deep breathing
7 Declutter your space	8 Get 7-8 hours of sleep	9 Connect with a friend	10 Practice mindfulness	11 Do something creative	12 Take a break	13 Spend time outdoors
14 Exercise for 30 minutes	15 Practice self-compassion	16 Unplug for an hour	17 Write a list of goals	18 Try a new hobby	19 Cook a healthy meal	20 Practice positive self-talk
21 Get some sunlight	22 Listen to music	23 Focus on one task at a time	24 Express appreciation to others	25 Spend time with a pet	26 Read for 15 minutes	27 Do a digital detox
28 Plan for the week ahead	29 Do some stretching	30 Reflect on your month				

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