



APRIL

Body & Mind Transformation Month

2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Start a new habit today	2	3	4	5 
6 Choose Positivity	7	8	9 Practice Self-Care	10	11	12
13	14 Take care of your body	15	16	17	18	19 Peace begins within
20	21	22	23	24 Take care of your mind	25	26
27 Still Mind Reset Day	28	29	30			Still Mind  www.mystillmind.com