

30 DAY HAPPY NEW ME CHALLENGE

Tiny steps to **BIG** results








READY?

SET?

GLOW!






Activities Key

- 1) 20 minutes workout 
- 2) Drink 1/2 a gallon of water 
- 3) Have a healthy diet 
- 4) Log your weight 
- 5) Scan to read 1 inspirational quote 

Scan QR code

Give yourself 1 point when you complete each activity as planned.

Remember to pat yourself on the back when you get all 5 points each day

Day						Total Point
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						
31						