

Self Care    Movie Time    Out Wellness    Thirsty    Food    Sleepy  
 Sunday    Monday    Tuesday    Wednesday    Thursday    Friday    Saturday

	01 Rocky	02 Meditate	03 Fresh air	04 8 Cups	05 Balanced Plate	06 8 hours
07 Tidy Up	08 Forrest Gump	09 Be Mindful	10 Eat at home	11 No Soda	12 Soup for the Soul	13 Sleep routine
14 Spa Night	15 Hercules	16 Journal	17 + Vibes only	18 No Caffeine	19 Spud City	20 Digital detox
21 Get Creative	22 Cool Runnings	23 10 Minute Reset	24 Sweat it out	25 Add some Fruit	26 Treat Yo' self	27 Bedtime Yoga
28 Get Rest	29 Footloose	30 Gratitude	31 Enjoy			

**MARCH**  
**2021**  
 ACTIVITY CHALLENGE