

# 30-Day *Wellness Challenge*

30-days to a healthier you!

Write down 3 wellness goals	Make a workout playlist	Break your goals into small tasks	Do 20 minutes of exercise	Add fruit to your breakfast
Take a 48 hour social media break	Work toward 1 of your goals	Do 20 minutes of exercise	Wake up 15 minutes earlier	Turn off unneeded phone notifications
Meditate for 15 minutes	Create a morning routine	Work toward 1 of your goals	Plan out 3 meals	Do 20 minutes of exercise
Add a veggie to lunch or dinner	Spend 10 minutes or more outside	Do 20 minutes of exercise	Work toward 1 of your goals	Take a relaxing bath or get a massage
List 3 things you are grateful for	Go to bed 30 minutes earlier	Work toward 1 of your goals	Do 20 minutes of exercise	Listen to an inspirational book or podcast
Say no to something you don't want to do	Take a 15 minute walk	Work toward 1 of your goals	Do 20 minutes of exercise	Take a 24 hour TV break

You got this!



**True North Endurance and Events**  
[www.truenorthee.com](http://www.truenorthee.com)

# My Wellness *Goals*

## INSTRUCTIONS

Write your top three goals for the next 12 months. Write down your WHY to make sure each goal connects with you. Your WHY is your motivator to continue working towards your goals. These are BIG goals and will need to be broken into smaller steps, which will be done on a separate worksheet.

Include WHEN you would like to accomplish each goal by.

THE GOAL	WHY	WHEN

THE GOAL	WHY	WHEN

THE GOAL	WHY	WHEN



# Goal *Breakdown*

My big goal -

## Broken into small steps

<input type="checkbox"/>	_____
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My big goal -

## Broken into small steps

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My big goal -

## Broken into small steps

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<input type="checkbox"/>	_____



# Self-care *Routines*

## MORNING ROUTINE

	M	T	W	T	F	S	S
	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	M	T	W	T	F	S	S
	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	M	T	W	T	F	S	S
	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	M	T	W	T	F	S	S
	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	M	T	W	T	F	S	S
	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	M	T	W	T	F	S	S

## EVENING ROUTINE

	M	T	W	T	F	S	S
	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	M	T	W	T	F	S	S
	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	M	T	W	T	F	S	S
	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
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	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	M	T	W	T	F	S	S
	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	M	T	W	T	F	S	S



# Workout Music Playlist

Song Title	Artist	Song Length	Rating



# Weekly Fitness Tracker

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC WEEK OF

MONDAY	ACTIVITY	TIME	SETS	REPS	WEIGHT	DISTANCE	NOTES

THURSDAY	ACTIVITY	TIME	SETS	REPS	WEIGHT	DISTANCE	NOTES

WEDNESDAY	ACTIVITY	TIME	SETS	REPS	WEIGHT	DISTANCE	NOTES

TUESDAY	ACTIVITY	TIME	SETS	REPS	WEIGHT	DISTANCE	NOTES

FRIDAY	ACTIVITY	TIME	SETS	REPS	WEIGHT	DISTANCE	NOTES

SATURDAY	ACTIVITY	TIME	SETS	REPS	WEIGHT	DISTANCE	NOTES

SUNDAY	ACTIVITY	TIME	SETS	REPS	WEIGHT	DISTANCE	NOTES

# Meditation *Tracker*

Month: \_\_\_\_\_

MY MEDITATION GOALS FOR THIS WEEK ARE:

## ● SUNDAY

Length of Meditation: \_\_\_\_\_  
Guided or Unguided: \_\_\_\_\_  
Feeling Before: \_\_\_\_\_  
Feeling After: \_\_\_\_\_

## ● TUESDAY

Length of Meditation: \_\_\_\_\_  
Guided or Unguided: \_\_\_\_\_  
Feeling Before: \_\_\_\_\_  
Feeling After: \_\_\_\_\_

## ● THURSDAY

Length of Meditation: \_\_\_\_\_  
Guided or Unguided: \_\_\_\_\_  
Feeling Before: \_\_\_\_\_  
Feeling After: \_\_\_\_\_

## ● SATURDAY

Length of Meditation: \_\_\_\_\_  
Guided or Unguided: \_\_\_\_\_  
Feeling Before: \_\_\_\_\_  
Feeling After: \_\_\_\_\_

## ● MONDAY

Length of Meditation: \_\_\_\_\_  
Guided or Unguided: \_\_\_\_\_  
Feeling Before: \_\_\_\_\_  
Feeling After: \_\_\_\_\_

## ● WEDNESDAY

Length of Meditation: \_\_\_\_\_  
Guided or Unguided: \_\_\_\_\_  
Feeling Before: \_\_\_\_\_  
Feeling After: \_\_\_\_\_

## ● FRIDAY

Length of Meditation: \_\_\_\_\_  
Guided or Unguided: \_\_\_\_\_  
Feeling Before: \_\_\_\_\_  
Feeling After: \_\_\_\_\_

## ● NOTES

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Gratitude *Practice*

Today's date

Quote of the day

“

  
  
  
  
  
  
  
  
  

”

3 things I'm grateful for

**1**

**2**

**3**

*I'm thankful for...*

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## 3 Gratitude affirmations

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### Gratitude tasks

- Phone a friend
- Compliment someone
- Practice meditation
- Cook someone a meal
- Practice positive talk

### Reasons to be grateful

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_





# Weekly Meal Plan

MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER
SNACKS	SNACKS	SNACKS

THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER
SNACKS	SNACKS	SNACKS

SUNDAY	NOTES
BREAKFAST	
LUNCH	
DINNER	
SNACKS	

