30-day challenge

Pick one small thing. Do it every day. Cross off each box.

MY CHALLENGE

START DATE

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

WHY I AM DOING THIS

MY REWARD AT DAY 30