30-Day Challenge

One small thing, every day, for a month.

30
DAYS

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

When I finish, I will _____

Cross off one box for every day you show up. Missed a day? Skip the guilt and pick it back up tomorrow.