

30 DAY CHALLENGE

Commit to create a healthy or positive habit (or give up an unhealthy habit), and do it every day for the next 30 days. After 30 days:

- Decide how this change has affected your life. You can then choose to:
 - Carry on and keep doing your new habit, *OR..*
 - Change and commit to a different positive habit

What I will do every day for the next 30 days (*what, when, how long for, etc*)

If the change is too big, start with the first step, or use the [SMART goals worksheet](#).

What will my reward be?

	Day/Date	✓	Comments?
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			