

30-day AT-HOME SELF-CARE

stay healthy

mind-nurturing

stay active

stay connected

Day 1 Eat clean 	Day 2 call an old friend 	Day 3 reading 	Day 4 stay hydrated 	Day 5 dance 	Day 6 compliment someone 
Day 7 make a goal list 	Day 8 cleaning 	Day 9 smash like 	Day 10 warm bath 	Day 11 make a new friend 	Day 12 sleep early 
Day 13 catch up with a family 	Day 14 learn a new skill 	Day 15 yoga 	Day 16 celebrate 	Day 17 no-jumping cardio 	Day 18 take a nap 
Day 19 BFF FaceTime 	Day 20 practice gratitude 	Day 21 stretch 	Day 22 meditate 	Day 23 Gift-giving 	Day 24 practice breathing 
Day 25 say thank-you 	Day 26 self-interview 	Day 27 massage 	Day 28 DIY 	Day 29 weekly plan 	Day 30 light weight training 