



Wellness Challenge Clinic Calendar

<i>day 1</i>	<i>day 2</i>	<i>day 3</i>	<i>day 4</i>	<i>day 5</i>	<i>day 6</i>	<i>day 7</i>	<i>day 8</i>	<i>day 9</i>	<i>day 10</i>	<i>day 11</i>	<i>day 12</i>	<i>day 13</i>	<i>day 14</i>	<i>day 15</i>
Be Grateful	Schedule Your Next Doctor Appt.	Meditate	Plant a Little Positivity	Take a Walk Outside	Cook Dinner for Someone	Floss	Word of the Day	Ask for Advice	Turn Up the Music and Dance	Drink 8 Glasses of Water	Move While You Work	Wear Sunscreen	Get a Good Night's Rest	Log Your Day
<i>day 16</i>	<i>day 17</i>	<i>day 18</i>	<i>day 19</i>	<i>day 20</i>	<i>day 21</i>	<i>day 22</i>	<i>day 23</i>	<i>day 24</i>	<i>day 25</i>	<i>day 26</i>	<i>day 27</i>	<i>day 28</i>	<i>day 29</i>	<i>day 30</i>
Practice Forgiveness	Top 10	Theme Day	Work On a Hobby You Love	How Hungry Are You?	Be Thankful	Tea Time	Practice Productivity	New Food = New Dish	Potluck	First Impressions	Book Swap	Cat Nap	Compliment	Pick and Pledge