

GLP-1 journal 

30 day wellness challenge

Days 1-5 The small things add up: aim for small changes that could make a big impact

1	2	3	4	5
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Days 6-10 A new adventure: try something outside of your daily routine

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Days 11-15 Treat yourself: spend some time on self-care

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Days 16-20 Quiet your mind: find active ways to keep your mind at ease

16	17	18	19	20
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Days 21-25 Move your body: try new and interesting ways to engage your body

21	22	23	24	25
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Days 26-30 Reflect on the past month: what will you continue to put into practice?

26	27	28	29	30
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