YOUR MONTH, YOUR PACE

This Month's Challenge

A flexible 30-day guide to one small habit that matters to you.

You do not need a perfect month. Choose a manageable action, repeat it when you can, and use each day as a fresh opportunity to begin again.

1 | Choose your focus

- [ ] Movement
- [ ] Nourishing meals
- [ ] Hydration
- [ ] Rest
- [ ] Mindfulness
- [ ] Connection
- [ ] Other

My 30-day focus / habit:
Choose one action small enough to repeat on a busy day.

My specific daily action:
Example: take a 10-minute walk, add a vegetable to lunch, or pause for five slow breaths.

What counts as "done" for me?
Make your measure clear, realistic, and in your control.

2 | Make it fit your life

Why does this matter to me?

When or where will I do it?
Attach the habit to a routine you already have, if that helps.

If a barrier comes up, I can...
Plan a smaller version for busy, low-energy, or difficult days.

"Consistency is built one doable choice at a time."

YOUR DAILY CHECK-IN

30-Day Progress Tracker

Mark a day when you make your planned effort. Restarts count; missed days do not erase progress.

Name (optional):

Challenge start date:

My daily action (short version):

DAY 1 Done / tried ◯	**DAY 2** Done / tried ◯	**DAY 3** Done / tried ◯	**DAY 4** Done / tried ◯	**DAY 5** Done / tried ◯
DAY 6 Done / tried ◯	**DAY 7** Done / tried ◯	**DAY 8** Done / tried ◯	**DAY 9** Done / tried ◯	**DAY 10** Done / tried ◯
DAY 11 Done / tried ◯	**DAY 12** Done / tried ◯	**DAY 13** Done / tried ◯	**DAY 14** Done / tried ◯	**DAY 15** Done / tried ◯
DAY 16 Done / tried ◯	**DAY 17** Done / tried ◯	**DAY 18** Done / tried ◯	**DAY 19** Done / tried ◯	**DAY 20** Done / tried ◯
DAY 21 Done / tried ◯	**DAY 22** Done / tried ◯	**DAY 23** Done / tried ◯	**DAY 24** Done / tried ◯	**DAY 25** Done / tried ◯
DAY 26 Done / tried ◯	**DAY 27** Done / tried ◯	**DAY 28** Done / tried ◯	**DAY 29** Done / tried ◯	**DAY 30** Done / tried ◯

Optional: use a dot for "tried," a star for "felt good," or leave a day blank. This is your tracker.

"A missed day is a pause, not a verdict. Begin again with the next choice."

PAUSE, NOTICE, ADJUST

Weekly Check-Ins

A quick reflection helps you keep the challenge useful and realistic.

WEEK 1 | Check in with yourself

What went well this week?

What got in the way, if anything?

What small adjustment will help next week?

WEEK 2 | Check in with yourself

What went well this week?

What got in the way, if anything?

What small adjustment will help next week?

WEEK 3 | Check in with yourself

What went well this week?

What got in the way, if anything?

What small adjustment will help next week?

WEEK 4 | Check in with yourself

What went well this week?

What got in the way, if anything?

What small adjustment will help next week?

Keep the habit kind and adaptable. If your plan no longer fits, revise it rather than giving up on yourself.

"Progress can look like adjusting the plan and continuing."

CELEBRATE WHAT YOU LEARNED

Day 30 | Looking Back

Notice effort, learning, and what you want to carry forward.

3 | My end-of-month reflection

What did I learn about myself?

Which action felt easiest to keep?

What helped me follow through?

What would I change next time?

What is one win I want to celebrate?

My next small step:

A note to myself for the days I need a reset

Write a kind, encouraging reminder you can return to:

"You are allowed to start small, take a breath, and begin again."