





# HEALTHY + HAPPY 30 DAY CHALLENGE

Instructions: Welcome to the 30 Day challenge designed to develop essential habits to improve your health and happiness. The number in the cell constitutes a minimum. Simply check off the activity after its completion. And be sure to keep up on our **30 Day Challenge podcast** episodes on iTunes or google play. (\*) Different People

Pick Three	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Sleep Well	[ ] 7+ hours	[ ] 7+ hours	[ ] 7+ hours	[ ] 7+ hours	[ ] 7+ hours	[ ] 7+ hours
Gratitude Note	[ ] Journal	[ ] Journal	[ ] Journal	[ ] Journal	[ ] Journal	[ ] Journal
Walk / Run	[ ] 15min+	[ ] 15min+	[ ] 15min+	[ ] 15min+	[ ] 15min+	[ ] 15min+
Core / Plank	[ ] 15s+	[ ] 15s+	[ ] 15s+	[ ] 15s+	[ ] 15s+	[ ] 15s+
Ball / Air Squats	[ ] 20+	[ ] 20+	[ ] 20+	[ ] 20+	[ ] 20+	[ ] 20+
Give A Hug	[ ] 3*	[ ] 3*	[ ] 3*	[ ] 3*	[ ] 3*	[ ] 3*
Stretch / Yoga	[ ] Full Body	[ ] Full Body	[ ] Full Body	[ ] Full Body	[ ] Full Body	[ ] Full Body
Pick Three	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Sleep Well	[ ] 7+ hours	[ ] 7+ hours	[ ] 7+ hours	[ ] 7+ hours	[ ] 7+ hours	[ ] 7+ hours
Gratitude Note	[ ] Journal	[ ] Journal	[ ] Journal	[ ] Journal	[ ] Journal	[ ] Journal
Walk / Run	[ ] 30min	[ ] 30min	[ ] 30min	[ ] 30min	[ ] 30min	[ ] 30min
Core / Plank	[ ] 30s	[ ] 30s	[ ] 30s	[ ] 30s	[ ] 30s	[ ] 30s
Ball / Air Squats	[ ] 25+	[ ] 25+	[ ] 25+	[ ] 25+	[ ] 25+	[ ] 25+
Give A Hug	[ ] 4*	[ ] 4*	[ ] 4*	[ ] 4*	[ ] 4*	[ ] 4*
Stretch / Yoga	[ ] Full Body	[ ] Full Body	[ ] Full Body	[ ] Full Body	[ ] Full Body	[ ] Full Body
Pick Three	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
Sleep Well	[ ] 7+ hours	[ ] 7+ hours	[ ] 7+ hours	[ ] 7+ hours	[ ] 7+ hours	[ ] 7+ hours
Gratitude Note	[ ] Journal	[ ] Journal	[ ] Journal	[ ] Journal	[ ] Journal	[ ] Journal
Walk / Run	[ ] 30min +	[ ] 30min +	[ ] 30min +	[ ] 30min +	[ ] 30min +	[ ] 30min +
Core / Plank	[ ] 30s+	[ ] 30s+	[ ] 30s+	[ ] 30s+	[ ] 30s+	[ ] 30s+
Ball / Air Squats	[ ] 30+	[ ] 30+	[ ] 30+	[ ] 30+	[ ] 30+	[ ] 30+
Give A Hug	[ ] 4*	[ ] 4*	[ ] 4*	[ ] 4*	[ ] 4*	[ ] 4*
Stretch / Yoga	[ ] Full Body	[ ] Full Body	[ ] Full Body	[ ] Full Body	[ ] Full Body	[ ] Full Body
Pick Three	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
Sleep Well	[ ] 7+ hours	[ ] 7+ hours	[ ] 7+ hours	[ ] 7+ hours	[ ] 7+ hours	[ ] 7+ hours
Gratitude Note	[ ] Journal	[ ] Journal	[ ] Journal	[ ] Journal	[ ] Journal	[ ] Journal
Walk / Run	[ ] 30min +	[ ] 30min +	[ ] 30min +	[ ] 30min +	[ ] 30min +	[ ] 30min +
Core / Plank	[ ] 45s+	[ ] 45s+	[ ] 45s+	[ ] 45s+	[ ] 45s+	[ ] 45s+
Ball / Air Squats	[ ] 40+	[ ] 40+	[ ] 40+	[ ] 40+	[ ] 40+	[ ] 40+
Give A Hug	[ ] 5*	[ ] 5*	[ ] 5*	[ ] 5*	[ ] 5*	[ ] 5*
Stretch / Yoga	[ ] Full Body	[ ] Full Body	[ ] Full Body	[ ] Full Body	[ ] Full Body	[ ] Full Body

Pick Three	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
Sleep Well	<input type="checkbox"/> 7+ hours	<input type="checkbox"/> 7+ hours	<input type="checkbox"/> 7+ hours	<input type="checkbox"/> 7+ hours	<input type="checkbox"/> 7+ hours	<input type="checkbox"/> 7+ hours
Gratitude Note	<input type="checkbox"/> Journal	<input type="checkbox"/> Journal	<input type="checkbox"/> Journal	<input type="checkbox"/> Journal	<input type="checkbox"/> Journal	<input type="checkbox"/> Journal
Walk / Run	<input type="checkbox"/> 45min+	<input type="checkbox"/> 45min+	<input type="checkbox"/> 45min+	<input type="checkbox"/> 45min+	<input type="checkbox"/> 45min+	<input type="checkbox"/> 45min+
Core / Plank	<input type="checkbox"/> 60s+	<input type="checkbox"/> 60s+	<input type="checkbox"/> 60s+	<input type="checkbox"/> 60s+	<input type="checkbox"/> 60s+	<input type="checkbox"/> 60s+
Ball / Air Squats	<input type="checkbox"/> 40+	<input type="checkbox"/> 40+	<input type="checkbox"/> 40+	<input type="checkbox"/> 40+	<input type="checkbox"/> 40+	<input type="checkbox"/> 40+
Give A Hug	<input type="checkbox"/> 5*	<input type="checkbox"/> 5*	<input type="checkbox"/> 5*	<input type="checkbox"/> 5*	<input type="checkbox"/> 5*	<input type="checkbox"/> 5*
Stretch / Yoga	<input type="checkbox"/> Full Body	<input type="checkbox"/> Full Body	<input type="checkbox"/> Full Body	<input type="checkbox"/> Full Body	<input type="checkbox"/> Full Body	<input type="checkbox"/> Full Body
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