

Visit stress.org.uk for tips to keep you motivated

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
			1	2	3	4
			1. Physical _____	1. Physical _____	1. Physical _____	1. Physical _____
			2. Mental _____	2. Mental _____	2. Mental _____	2. Mental _____
			3. Emotional _____	3. Emotional _____	3. Emotional _____	3. Emotional _____
5	6	7	8	9	10	11
1. Physical _____	1. Physical _____	1. Physical _____	1. Physical _____	1. Physical _____	1. Physical _____	1. Physical _____
2. Mental _____	2. Mental _____	2. Mental _____	2. Mental _____	2. Mental _____	2. Mental _____	2. Mental _____
3. Emotional _____	3. Emotional _____	3. Emotional _____	3. Emotional _____	3. Emotional _____	3. Emotional _____	3. Emotional _____
12	13	14	15	16	17	18
1. Physical _____	1. Physical _____	1. Physical _____	1. Physical _____	1. Physical _____	1. Physical _____	1. Physical _____
2. Mental _____	2. Mental _____	2. Mental _____	2. Mental _____	2. Mental _____	2. Mental _____	2. Mental _____
3. Emotional _____	3. Emotional _____	3. Emotional _____	3. Emotional _____	3. Emotional _____	3. Emotional _____	3. Emotional _____
19	20	21	22	23	24	25
1. Physical _____	1. Physical _____	1. Physical _____	1. Physical _____	1. Physical _____	1. Physical _____	1. Physical _____
2. Mental _____	2. Mental _____	2. Mental _____	2. Mental _____	2. Mental _____	2. Mental _____	2. Mental _____
3. Emotional _____	3. Emotional _____	3. Emotional _____	3. Emotional _____	3. Emotional _____	3. Emotional _____	3. Emotional _____
26	27	28	29	30		
1. Physical _____	1. Physical _____	1. Physical _____	1. Physical _____	1. Physical _____		
2. Mental _____	2. Mental _____	2. Mental _____	2. Mental _____	2. Mental _____		
3. Emotional _____	3. Emotional _____	3. Emotional _____	3. Emotional _____	3. Emotional _____		



The 30-day challenge will maximise your chances of turning useful knowledge and techniques into positive behavioural change.

Pick an action each for your Physical, Mental and Emotional Wellbeing to carry out every day. Could you even add some actions for social and spiritual wellness?

It takes 30 days to turn actions into habits, which is why this is a month-long programme.

Good luck!