

DR. VI♥IANA™

WELLNESS CHALLENGE

WEEKS 1&2

DAILY CHECKLIST

Set an intention for the day	<input type="checkbox"/>
Drink water	<input type="checkbox"/>
Move for at least 20 mins	<input type="checkbox"/>
Smile	<input type="checkbox"/>
Eat mindfully	<input type="checkbox"/>
Say "Please" and "Thank You"	<input type="checkbox"/>
Get some sleep	<input type="checkbox"/>

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Compliment yourself	<input type="checkbox"/>
Stretch for 10 mins	<input type="checkbox"/>
Smile	<input type="checkbox"/>
Listen to a favorite song	<input type="checkbox"/>
Eat a piece of fruit	<input type="checkbox"/>
Hold the door for someone	<input type="checkbox"/>
Meditate for 5 minutes	<input type="checkbox"/>

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WELLNESS CHALLENGE

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Drink water	<input type="checkbox"/>	Stretch for 5 mins	<input type="checkbox"/>
Move for at least 20 mins	<input type="checkbox"/>	Smile	<input type="checkbox"/>
Smile	<input type="checkbox"/>	Listen to a favorite song	<input type="checkbox"/>
Eat mindfully	<input type="checkbox"/>	Eat some fruit	<input type="checkbox"/>
Say "Please"and "Thank You"	<input type="checkbox"/>	Hold the door for someone	<input type="checkbox"/>
Get some sleep	<input type="checkbox"/>	Meditate for 5 minutes	<input type="checkbox"/>

Compliment someone else	<input type="checkbox"/>
Breathe deeply for 10 breaths	<input type="checkbox"/>
Get outside for 10 minutes	<input type="checkbox"/>
Watch 5 mins of funny content	<input type="checkbox"/>
Eat some vegetables	<input type="checkbox"/>
Donate/toss 1 item from home	<input type="checkbox"/>
List 3 things you're grateful for	<input type="checkbox"/>

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Drink water	<input type="checkbox"/>	Stretch for 5 mins	<input type="checkbox"/>
Move for at least 20 mins	<input type="checkbox"/>	Smile	<input type="checkbox"/>
Smile	<input type="checkbox"/>	Listen to a favorite song	<input type="checkbox"/>
Eat mindfully	<input type="checkbox"/>	Eat some fruit	<input type="checkbox"/>
Say "Please"and "Thank You"	<input type="checkbox"/>	Hold the door for someone	<input type="checkbox"/>
Get some sleep	<input type="checkbox"/>	Meditate for 5 minutes	<input type="checkbox"/>

Compliment someone else	<input type="checkbox"/>
Breathe deeply for 10 breaths	<input type="checkbox"/>
Get outside for 10 minutes	<input type="checkbox"/>
Watch 5 mins of funny content	<input type="checkbox"/>
Eat some vegetables	<input type="checkbox"/>
Donate/toss 1 item from home	<input type="checkbox"/>
List 3 things you're grateful for	<input type="checkbox"/>

DR. VI♥IANA™

WELLNESS CHALLENGE

WEEKS 5&6

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