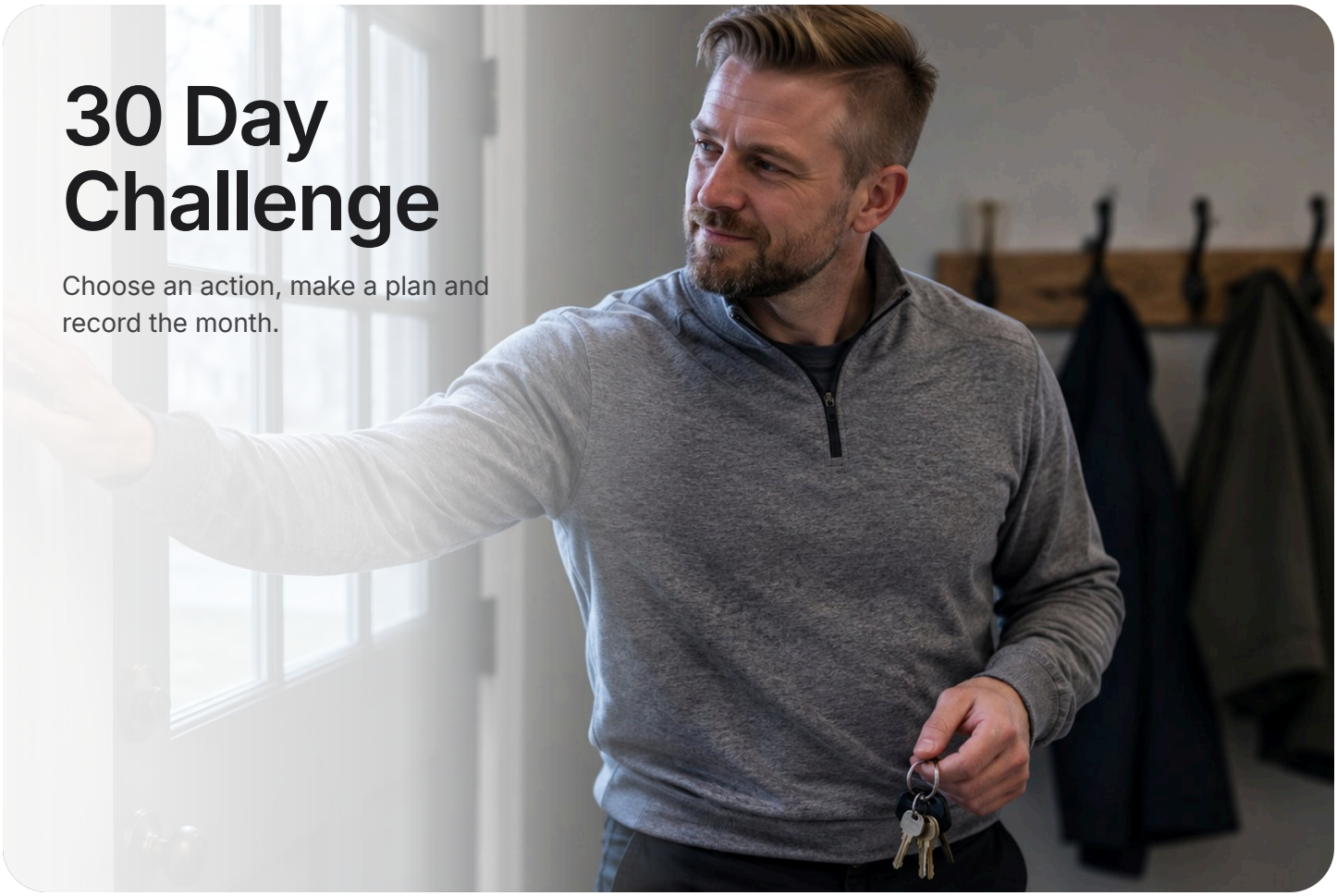


30 Day Challenge

Choose an action, make a plan and record the month.

WHY IT HELPS

A dated calendar keeps practice and missed days together. Add a cue and a smaller version, then use the halfway check to adjust the plan.

HOW TO USE IT

Plan	Choose an action, cue and start date.
Record	Check full days or write M for minimum.
Review	Count the month and choose what comes next.

INSIDE

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Keep missed days blank and continue with today.

Example: Lena's month

Plan

Lights out by 10:30. Phone alarm at 10:00. Minimum: in bed by 11:00.

Calendar

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

Headache days

Days 3, 9, 14, 21 and 28. Total 5. Previous month: 7.

Decision

Keep bedtime, plan Saturdays, track another month.

Challenge ideas

Ideas

- [ ] Walk for 10 minutes
- [ ] Lights out at the same time
- [ ] Wake at the same time
- [ ] A vegetable with lunch
- [ ] Five minutes of stretching
- [ ] Ten minutes of daylight in the morning
- [ ] No screens in the last 30 minutes before bed
- [ ] Take medicine at the same time
- [ ] Drink water with each meal
- [ ] Three good things written at night
- [ ] Call or text one friend
- [ ] Stand up every hour at work
- [ ] Prescribed exercises
- [ ] Two minutes of slow breathing
- [ ] Pack lunch the night before

My plan and calendar

My action

Cue

Minimum for bad days

Start date

Calendar

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

Symptom to watch (optional)

Key

Check = done. M = minimum. Blank = missed.

Daily task ideas

One theme, different small actions

Day	Small task	Done

Continue on a second copy for days sixteen to thirty

Halfway check

Days done out of 15

What helped

Where the misses fell

One change for the second half

Challenge review

Days done out of 30

Symptom count this month and last month

This month	Last month

Next month

Keep it | Change it | Add a second action | Stop

What I learned this month

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.