


30 Day Challenge Calendar: April 2021

Need some ideas? Visit stress.org.uk/30daychallenge for tips to keep you motivated

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