Option 1:
June 8th is National Best Friend Day
Grab a buddy and complete the 30 Days of Walking Challenge
Optional Modification:
Split the walking distance in half

Option 2:
Disconnect from Technology
Choose 3 different practices for self-care each week

30 Days of Walking Challenge

Days 1-5: Walk 1 Mile
Days 6-10: Walk 1.5 Miles
Days 11-15: Walk 2 Miles
Days 16-20: Walk 2.5 Miles
Days 21-25: Walk 3 Miles
Days 26-30: Walk 3.5 Miles

For More Challenges visit www.FITWORXESHOP.CO.COM

30 ways to practice self care

- Re-read a favourite book
- Diffuse essential oils
- Take a walk
- Take an epsom salt bath
- Light a scented candle a lot it fill your home
- Make a homemade body scrub & exfoliate
- Colour or write in a journal
- Listen to your favourite album growing up
- Make a hot drink with all the fixins
- Get into bed early
- Bake something
- Read inspiring quotes
- Organize your makeup
- Cozy up in a few blankets
- Buy yourself flowers
- Turn off your phone for a few hours
- Say no
- Do your nails or go get a manicure/pedicure
- Sit in the sunshine
- Pray/Meditate
- Treat yourself to your favourite dessert
- Play with your pet
- Do yoga
- Do a DIY project
- Deep condition your hair
- Plan a staycation
- Start a gratitude journal
- Watch the sunset
- Exercise
- Watch one of your favourite movies