

Welcome to the 7-Day Health & Wellness Challenge

Welcome! We're so excited you're here.

Over the next 7 days, you'll focus on simple daily actions that support the **core pillars of health and wellness**. These pillars work together to help your body heal, move better, think clearly, and feel more energized.

Small habits practiced consistently can create powerful changes in how you feel.

This challenge isn't about being perfect. It's about **building awareness, creating momentum, and taking small steps toward a healthier lifestyle**.

All you need to do is show up each day and do your best.

Let's get started!

How the Challenge Works

Each day you'll complete simple actions that support key pillars of health and wellness.

These may include things like:

- Moving your body
- Drinking enough water
- Prioritizing sleep
- Eating nourishing foods
- Practicing mindfulness or stress reduction
- Spending time outside
- Connecting with others

You don't have to focus on each and every one of the Pillars. Whether you focus on one or all six; the choice is yours.

Print the Tracking Sheet on the next page, fill it out and at the end of each day:

1. Check off the pillars you practiced.
2. Take a moment to reflect on how you felt.
3. Celebrate your progress!

Remember — **progress is more important than perfection**. Even completing one pillar each day is a win.

By the end of the week, you'll have a better understanding of which habits help you feel your best.



7-Day Health & Wellness Challenge – Tracking Sheet

Pillar	I Challenge Myself To...	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7



End of Week Reflection Questions:

1. Which habit was the most challenging for me and why?
2. Which habit had the biggest positive impact on how I felt?
3. What surprised me about this week?
4. What is one thing I learned about my body or health?