|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 7-DAY SELF-CARE CHALLENGE | | | | | | |
|  |  |  |  |  |  |  |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** |
|  | | | | | | |
| **DAY** | **ACTIVITY** | | **DURATION** | **NOTES** | | |
| DAY 1 |  | |  |  | | |
| DAY 2 |  | |  |  | | |
| DAY 3 |  | |  |  | | |
| DAY 4 |  | |  |  | | |
| DAY 5 |  | |  |  | | |
| DAY 6 |  | |  |  | | |
| DAY 7 |  | |  |  | | |
| [source: www.neworchards.com](https://www.neworchards.com) | | | | | | |