SPRING CLEANING FOR YOUR HEALTH *Challenge*

Spring is here, and it's the **perfect time for a reset!** 🌸 Just as we clean our homes to welcome a new season, let's also **refresh our bodies, minds, and environments.**

This **30-day challenge** is designed to help you make **small, daily changes** that will leave you feeling more energized, organized, and balanced—without the overwhelm!

🌿 How It Works

1️⃣ **Follow along with the calendar.** Each day features a simple, actionable challenge.
2️⃣ **Commit to completing each prompt.** No need for perfection—just do your best!
3️⃣ **Track your progress.** Use a journal, checklist, or social media to stay accountable.
4️⃣ **Engage with our community!** Share your journey with #SpiceUpYourWellness on Instagram.
5️⃣ **Feel the transformation!** By the end of the month, you'll feel lighter, clearer, and more in tune with your well-being.

💡 Why Join the Challenge?

✔ **Boost your energy** by nourishing your body and staying hydrated.
✔ **Reduce stress** through mindfulness and simple self-care habits.
✔ **Improve mental clarity** with decluttering and digital detoxing.
✔ **Strengthen your body** with gentle movement and breathwork.
✔ **Feel empowered** by making small, lasting changes!

By the end of **March, you'll have built healthier habits** that you can carry forward all year long! 🌞

📲 Stay Connected & Inspire Others!

✅ Download the challenge calendar (next page)
✅ Share your progress on Instagram using #SpiceUpYourWellness
✅ Tag us at @itsagreatdayeveryday

✨ Let's make this the season of renewal, growth, and vibrant well-being—together! 🌿

👉 Scroll to the next page to accept the challenge! 💪🎉

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DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Drink an extra glass of water today 💧	*Swap a sugary drink for herbal tea* 🍵	*Eat one extra serving of vegetables* 🥕	*Try a new fresh, seasonal fruit* 🍓	*Start your morning with warm lemon water* 🍋

DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Reduce processed sugar intake for the day 🍬🚫	*Meal prep one healthy meal for the week* 🥗	*Stretch for five minutes in the morning* 🌄	*Go for a 10-minute walk outside* 🚶	*Practice deep breathing for 2 minutes* 🧘

DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Do 10 squats or lunges 💪	*Take a dance break for five minutes* 💃	*Unplug from screens 30 minutes before bed* 📵	*Try a short guided meditation* 🧠	*Journal for five minutes on gratitude* 📖

DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Declutter one area of your home 🏠	*Drink an extra glass of water today* 🚰	*Get at least 7-8 hours of sleep* 😴	*Call or text a loved one just to check in* ❤️	*Write 3 Intentions for Yourself* 😌

DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Read for 10 minutes instead of scrolling 📚	*Open your windows for fresh air* 💨	*Reduce caffeine intake today* ☕🚫	*Clean out expired food from your fridge* 🗑️	*Take a social media break for one hour* 📵

DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Try a homemade natural cleaner for a small area 🧴	*Spend 10 minutes in nature* 🌳	*Start your day with a positive affirmation* 😊	*Declutter your email inbox* ✉️	*Reflect on your progress & set one new goal for April* ✅