





30-Day Wellness Challenge Calendar

One intentional act every day for 30 days — by Zenova Wellness

"You don't need a perfect plan. You need 30 small decisions."



 Name	 Challenge Start Date	 End Date (Day 30)
 My Big Intention for This Month		

Why 30 Days? The Science of Starting Small

Research consistently shows that small, repeated behaviours — performed daily in a consistent context — are the most reliable way to build lasting change. You don't need to overhaul your entire life this month. What you need is one intentional act per day: something simple, something yours, something worth showing up for. Over 30 days, those acts accumulate into something remarkable.

The Zenova 30-Day Wellness Challenge is designed around the science of habit formation — specifically the idea that consistency, not intensity, drives transformation. Each daily challenge is a micro-practice, purposefully small enough that you can do it even on your

hardest days. Done daily, these micro-practices signal to your mind and body that wellness is a priority — not a special-occasion luxury.

This is not a strict program. There is no failing here. If you miss a day, you come back tomorrow — no drama, no punishment, no restarting from zero. Think of this calendar as a living document: mark it up, cross things out, add notes in the margins. It's yours. And you are allowed to be a work in progress.

Welcome to your 30 days. You've already done something meaningful by deciding to begin. 🌿

⚡ How the Challenge Works

Your simple daily rhythm — follow this each day:

- **Read your challenge for the day** — it's one specific, doable action. No overthinking needed.
- **Do it at any point during the day** — morning, lunch, evening. Your schedule, your timing.
- **Check it off** when complete — a simple ✓ is a powerful signal to your brain that you followed through.
- **Rate your day 1–5 stars** — this is about how the challenge felt, not how "well" you did it.
- **Write one word** that captures how you felt after completing the challenge — no full sentences required.
- **Complete your Weekly Reflection** at the end of each 7-day block — these are short and meaningful.

- **Adapt every challenge to your body and life.** Move more slowly, simplify the challenge, do it your way — that still counts as done.

The Zenova Challenge Principles

Before you begin, read these once. Come back to them whenever you need a reset.

1	Progress over perfection. Missed a day? That's human. Come back tomorrow without guilt. The challenge doesn't reset — it continues.
2	Adapt every challenge to YOUR body and life. A "20-minute walk" might be a 5-minute stroll on a hard day. That still counts. Always.
3	This is a celebration, not a punishment. Every day you show up is a win. You're choosing yourself. That's worth acknowledging.
4	Consistency beats intensity. A gentle daily practice will always outperform an intense once-a-week effort. Slow and steady is not a consolation prize — it's the strategy.
5	Share your wins — accountability amplifies results. You don't have to do this alone. Tell someone. Post it. Text your person. Let other people celebrate you.

How to Track

Tracking Element	What to Do
✓ Checkbox	Place a checkmark when you've completed the day's challenge — even partially.
★ Star Rating (1–5)	Circle or mark the number of stars that reflect how the challenge felt for you today. 1 = tough day, 5 = thrived.
One-Word Reflection	Write a single word on the reflection line — grounded, tired, proud, calm, alive. No full sentences needed.
Weekly Reflection	Complete the short reflection page at the end of each week — takes about 5 minutes and is genuinely worthwhile.
Tracker Grid	Use the visual grid at the back to shade completed days, leave blanks for missed days, and see your month at a glance.

My Challenge Intentions — Before You Begin

Take 5–10 minutes to fill this in before Day 1. This page is for you — honest, unhurried, and entirely yours.

 **My word for this month:**

 **The one area of wellness I most want to grow in:**

✓ **Three habits I'm carrying into this challenge (things already working for me):**

1.

2.


3.

 **One habit I'm releasing this month (letting go with kindness, not judgment):**

 **My accountability partner (optional):**

Their Name	How We'll Check In

 **My reward for completing all 30 days (make it meaningful):**

"You are not starting over. You are starting — intentionally, with awareness, with curiosity. That's already different. That's already enough." — Zenova Wellness 


Week 1 — Foundation | Days 1–7

Theme: Ground yourself in the basics. Build your foundation before you build anything else.

Day 1

— Date: _____

Completed:

Your challenge: Drink 80oz of water today. Start with 16oz before doing anything else — before your phone, before coffee, before the day begins. Hydration is the foundation of every other wellness practice. 


★ Rating: 1 2 3 4 5 (circle one)

 One word: _____

Day 2

— Date: _____

Completed: ✓

Your challenge: Go to bed 30 minutes earlier than usual. No screens for the last hour before sleep — try reading, journaling, or simply lying still. Sleep is not laziness. It is recovery. It is medicine. 


★ Rating: 1 2 3 4 5 (circle one)

 One word: _____

Day 3

— Date: _____

Completed: ✓

Your challenge: Move your body for 20 minutes in any way that feels good. A walk, a dance in your kitchen, gentle yoga, a bike ride — it all counts. Joyful movement is still movement. 

★ Rating: 1 2 3 4 5 (circle one)

 One word: _____

Day 4

— Date: _____

Completed: ✓

Your challenge: Write down 3 things you're genuinely grateful for — go specific and personal. Not just "my family," but what exactly about them, today. Specificity is where gratitude becomes real. ✨

★ Rating: 1 2 3 4 5 (circle one)

✎ One word: _____

Day 5

— Date: _____

Completed: ✓

Your challenge: Eat one truly nourishing meal today with full presence. Phone away, TV off. Taste your food. Notice the colours, textures, how it makes you feel. Mindful eating is a practice, not a punishment. 🌿

★ Rating: 1 2 3 4 5 (circle one)

✎ One word: _____

★ Day 6

— Date: _____

Completed: ✓

Your challenge: Take your supplements consistently today — morning AND evening as intended. Set an alarm if needed. Supporting your wellness daily, not sporadically, is where the difference is made. ★


★ Rating: 1 2 3 4 5 (circle one)

 One word: _____

Day 7 — Rest Day

— Date: _____

Completed:

Your challenge: Rest intentionally — no guilt allowed. Schedule one genuine recovery activity today: a nap, a bath, a slow walk, reading, doing absolutely nothing. Rest is not the opposite of productivity. It is what makes it possible. 


★ Rating: 1 2 3 4 5 (circle one)

 One word: _____

Week 1 Reflection — Foundation

Take 5 minutes at the end of Day 7. Be honest, be kind, be curious.

Days completed this week:	____ / 7
Favourite challenge this week:	
Hardest challenge this week:	
Biggest win:	
Energy avg (1–10):	_____
Mood avg (1–10):	_____
Sleep avg (1–10):	_____
Something I learned about myself:	
My intention for Week 2:	

 **Zenova Reminder:** One week in. You showed up. That's the whole game — showing up, even imperfectly, even when it's hard. Week 2 is waiting for you.


Week 2 — Nourish | Days 8–14

Theme: Feed your body and mind. Nourishment is more than food — it's everything you let in.

Day 8

— Date: _____

Completed:

Your challenge: Start your morning with a protein-rich breakfast within 60 minutes of waking. Protein in the morning supports steady energy and helps you feel fuller, longer. Try eggs, Greek yogurt, a protein shake — whatever works for you. 

 Rating: 1 2 3 4 5

 One word: _____

Day 9

— Date: _____

Completed: ✓

Your challenge: Spend 10 minutes in natural sunlight today. Step outside — not through a window — and let sunlight reach your skin and eyes. Morning light is especially supportive for your body's natural rhythms and mood. ☀️

★ Rating: 1 2 3 4 5

✎ One word: _____

Day 10

— Date: _____

Completed: ✓

Your challenge: Add an extra serving of vegetables to one meal today. It doesn't have to be a salad — toss them into eggs, blend them into a smoothie, add them to pasta. One extra serving. That's all. 🌿

★ Rating: 1 2 3 4 5

✎ One word: _____

Day 11

— Date: _____

Completed: ✓

Your challenge: Take a 10-minute technology break mid-day. Step outside or sit somewhere quiet and breathe. No phone, no screen, no input. Notice how it feels to simply be still for 10 minutes. 🧘


★ Rating: 1 2 3 4 5

✎ One word: _____

Day 12

— Date: _____

Completed: ✓

Your challenge: Hydrate with electrolytes today — add a pinch of sea salt and a squeeze of citrus to your water, or use a clean electrolyte supplement. Minerals matter. Your water needs company. 


★ Rating: 1 2 3 4 5

✎ One word: _____

Day 13

— Date: _____

Completed: ✓

Your challenge: Cook or prepare something from scratch today — a full meal, a nourishing snack, a herbal drink. The act of creating your own food is an act of self-care. Slow down and enjoy the process. 

★ Rating: 1 2 3 4 5

✎ One word: _____

📍 Day 14

— Date: _____

Completed: ✓

Your challenge: Write yourself a genuine compliment. Not a generic one — a real one.

What have you done well this week? What have you shown up for? Be as kind to yourself as you'd be to a good friend. 📍

★ Rating: 1 2 3 4 5

✎ One word: _____

📋 Week 2 Reflection — Nourish

Two weeks in. You're building something real. Take a few minutes to check in with yourself.

Days completed this week:	____ / 7
Favourite challenge this week:	
Hardest challenge this week:	
Biggest win:	
Energy avg (1–10):	_____
Mood avg (1–10):	_____
Sleep avg (1–10):	_____
Something I learned about myself:	
My intention for Week 3:	

📍 **Halfway point approaching.** Notice what's shifted. Notice what feels different.

Your body is listening to every choice you make. Keep going.


Week 3 — Energize | Days 15–21

Theme: Activate your vitality. Energy is not found — it's created through the choices you make daily.

Day 15

— Date: _____

Completed:

Your challenge: Track your energy hourly today. In your phone notes or on paper, jot a quick 1–10 energy rating each hour. By day's end, notice your peak times and your low points. This data is gold for how you structure your days. 

★ Rating: 1 2 3 4 5

 One word: _____

Day 16

— Date: _____

Completed:

Your challenge: Do a breathwork practice today — try box breathing for 5 minutes: inhale 4 counts, hold 4, exhale 4, hold 4. Repeat. Breathwork is one of the most accessible

tools available to support your nervous system. 🧠

★ Rating: 1 2 3 4 5

✎ One word: _____

Day 17

— Date: _____

Completed: ✓

Your challenge: Get your heart rate up for at least 15 minutes today. A brisk walk, a short run, a workout class, dancing — anything that gets you slightly breathless. Your cardiovascular system will thank you. 🏃

★ Rating: 1 2 3 4 5

✎ One word: _____

Day 18

— Date: _____

Completed: ✓

Your challenge: Swap one caffeinated drink today for herbal tea or water. Notice how your body responds. Try peppermint for focus, chamomile for calm, or ginger for energy. Small swaps, consistently made, create real change. 🍵

★ Rating: 1 2 3 4 5

✎ One word: _____

📍 Day 19

— Date: _____

Completed: ✓

Your challenge: Call or send a message to someone who genuinely energizes you. Connection is a wellness practice, not a luxury. Reach out. Let them know you were thinking of them. That kind of energy is contagious. 📍

★ Rating: 1 2 3 4 5

✎ One word: _____

🌟 Day 20

— Date: _____

Completed: ✓

Your challenge: Declutter one small space today — your desk, your bag, one kitchen drawer. You don't need to tackle the whole home. Just one space. Notice how clearing physical clutter can shift your mental state. 🌟

★ Rating: 1 2 3 4 5

✎ One word: _____

🌿 Day 21 — Mid-Point Check-In

— Date: _____

Completed: ✓

Your challenge: Reflect on Week 3. What's working? What isn't? Write 3–5 sentences honestly assessing how this challenge is going. Then adjust — with compassion, not criticism. Adapting is not failing. It's wisdom. 🌿

★ Rating: 1 2 3 4 5

✎ One word: _____

Week 3 Reflection — Energize

Three weeks in — 21 days of showing up. That is genuinely something worth pausing for.

Days completed this week:	____ / 7
Favourite challenge this week:	
Hardest challenge this week:	
Biggest win:	
Energy avg (1–10):	____
Mood avg (1–10):	____
Sleep avg (1–10):	____
Something I learned about myself:	
My intention for Week 4:	

⚡ **You are in the final stretch.** Nine days remain. This is where most people plateau — and where the committed few continue. You've come this far. The finish line is real.


Week 4 — Restore | Days 22–28

Theme: Deepen your practice. True wellness includes rest, reflection, and the courage to go inward.

Day 22

— Date: _____

Completed:

Your challenge: Do a 5-minute body scan meditation before bed. Lie still, close your eyes, and move your attention slowly from your feet to the top of your head. Notice — without judging — how each part of your body feels. 

★ Rating: 1 2 3 4 5

 One word: _____

Day 23

— Date: _____

Completed:

Your challenge: Journaling day — write freely for 10 minutes. No editing, no re-reading, no judgment. Let whatever is in your mind come out on the page. This is for you only.

Start with: "Right now, I'm feeling..." 


★ Rating: 1 2 3 4 5

 One word: _____

Day 24

— Date: _____

Completed: ✓

Your challenge: Try one new wellness practice you've been curious about but haven't started yet. A cold rinse at the end of your shower. Tongue scraping. A sound bath recording. Foam rolling. Curiosity is the beginning of every good habit. 


★ Rating: 1 2 3 4 5

 One word: _____

Day 25

— Date: _____

Completed: ✓

Your challenge: Practice saying no to one thing that drains your energy today. An obligation, a scroll session, a conversation that depletes you. Protecting your energy is not selfish. It is how you show up fully for everything that matters. 

★ Rating: 1 2 3 4 5

 One word: _____

Day 26

— Date: _____

Completed: ✓

Your challenge: Spend 20 minutes in nature today — walk, sit, or simply observe. Leave your earbuds at home if you can. Let the sounds, smells, and textures of the natural world support your nervous system in the way only nature can. 🌲

★ Rating: 1 2 3 4 5


✎ One word: _____

Day 27

— Date: _____

Completed: ✓

Your challenge: Review your trackers from this month. Look back at your star ratings, your one-word reflections, your weekly reflection pages. What patterns do you notice?

What does your data tell you about yourself? 


★ Rating: 1 2 3 4 5

✎ One word: _____

Day 28

— Date: _____

Completed: ✓

Your challenge: Write a letter to yourself about who you are becoming. Not who you want to be someday — who you are, right now, as a result of these 28 days. Be specific. Be honest. Be proud. 


★ Rating: 1 2 3 4 5

 One word: _____

Week 4 Reflection — Restore

Four weeks. 28 days of intentional living. This reflection matters — take your time with it.

Days completed this week:	____ / 7
Favourite challenge this week:	
Hardest challenge this week:	
Biggest win:	
Energy avg (1–10):	____
Mood avg (1–10):	____
Sleep avg (1–10):	____
Something I learned about myself:	
My intention for the final 2 days:	

 **Two days left.** The finish line is not about having done everything perfectly. It's about showing up — again and again — for something you decided mattered. You've done that. Two more days. You've got this.


Final Days — Celebrate | Days 29–30

Theme: Honor your effort. You showed up. That's the whole point.

Day 29

— Date: _____

Completed: ✓

Your challenge: Share your biggest insight from this challenge with someone you trust — your accountability partner, a friend, your journal, or a community. Verbalising what you've learned solidifies it. Your insight has value. Share it. 


★ Rating: 1 2 3 4 5

 One word: _____

Day 30 — The Final Day

— Date: _____

Completed: ✓

Your challenge: Complete your end-of-challenge reflection on the next page. Then — genuinely celebrate. This is not a small thing. You made 30 small decisions. You showed up for yourself, day after day. That is who you are becoming. 

★ Rating: 1 2 3 4 5

 One word: _____

Challenge Tracker Grid — Your Month at a Glance

How to use this grid: Shade the box when completed ✓ | Leave blank for missed days
| Add a diagonal line for partial completion

Day	Day	Day	Day	Day	Day
1 <input type="checkbox"/> Done ★ ___/5	2 <input type="checkbox"/> Done ★ ___/5	3 <input type="checkbox"/> Done ★ ___/5	4 <input type="checkbox"/> Done ★ ___/5	5 <input type="checkbox"/> Done ★ ___/5	6 <input type="checkbox"/> Done ★ ___/5
7 <input type="checkbox"/> Done ★ ___/5	8 <input type="checkbox"/> Done ★ ___/5	9 <input type="checkbox"/> Done ★ ___/5	10 <input type="checkbox"/> Done ★ ___/5	11 <input type="checkbox"/> Done ★ ___/5	12 <input type="checkbox"/> Done ★ ___/5
13 <input type="checkbox"/> Done ★ ___/5	14 <input type="checkbox"/> Done ★ ___/5	15 <input type="checkbox"/> Done ★ ___/5	16 <input type="checkbox"/> Done ★ ___/5	17 <input type="checkbox"/> Done ★ ___/5	18 <input type="checkbox"/> Done ★ ___/5
19 <input type="checkbox"/> Done ★ ___/5	20 <input type="checkbox"/> Done ★ ___/5	21 <input type="checkbox"/> Done ★ ___/5	22 <input type="checkbox"/> Done ★ ___/5	23 <input type="checkbox"/> Done ★ ___/5	24 <input type="checkbox"/> Done ★ ___/5
25 <input type="checkbox"/> Done ★ ___/5	26 <input type="checkbox"/> Done ★ ___/5	27 <input type="checkbox"/> Done ★ ___/5	28 <input type="checkbox"/> Done ★ ___/5	29 <input type="checkbox"/> Done ★ ___/5	30 🎉 <input type="checkbox"/> Done ★___/5

Total Days Completed	Days Missed	Monthly Completion Rate
___ / 30	___	___ %

Completion rate = (Days completed ÷ 30) × 100. Any number above 0% means you showed up. That's what matters.



You Did It.

30 days of intentional wellness — by Zenova Wellness




Let's be real with each other for a moment. Completing a 30-day challenge — any challenge — is genuinely hard. Not because the individual tasks are difficult, but because life doesn't stop to let you focus. There were days when this calendar probably sat


unopened. There were days when you were tired, distracted, or just not feeling it. And yet — here you are.

You don't need to have completed every single day to honour what you've done. What matters is that you made a decision at the start of this month to show up for yourself in a new way. And you did. In ways big and small, public and private, easy and hard — you chose yourself, again and again. That is not nothing. That is everything.

This calendar is not the finish line. It's the beginning of something. The habits you've built, the patterns you've noticed, the insight you've gained — those belong to you now. No 30-day window can take them back. Carry them forward. Be curious about what comes next. And remember: wellness is not a destination you arrive at. It's a practice you return to, gently, every single day. 🌿

"Show up for yourself — not perfectly, not completely, but consistently. That is the whole practice." — Zenova Wellness


 Days completed:	___ / 30
 My biggest transformation this month:	
 Three wellness habits I'm keeping:	1. 2. 3.
 One thing I want to challenge myself with next:	

 I Completed the Zenova 30-Day Wellness Challenge	
Signed:	Date:

My Ongoing Wellness Commitments

Use this table to capture the practices you want to carry forward. These are yours — built from 30 days of lived experience, not advice from a stranger on the internet.

Wellness Practice	How Often	Why It Matters to Me	How I'll Track It

 **Zenova Tip:** Choose 3–5 practices to begin with, not all 10. Build from a stable foundation. Add more when the first ones feel natural and non-negotiable.

Notes & Free Journaling — Page 1

This space is entirely yours. Write anything. Stream of consciousness. Lists. Quotes. Observations. There are no rules here.

