

90 day CHALLENGE

The Simple Self Care Lifestyle

GOAL

RELAX → SLEEP

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
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29	30					

Tracking sheet

