

Stress Less Challenge



			Week 1							Week 2							Week 3							Week 4							Extra	
Week 1			Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
Weekly Goal:																																
Did you experience any positive changes in your stress level?																																
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DIRECTIONS: Write your weekly goal in the 1st box. Mark the box for each date that you completed your weekly goal, starting with Week1. Each week, add a new goal. Try to complete each habit at least 5 times a week. Be sure to register and record your results in surveymonkey each week.