



BLACK EL PASO VOICE

30-Day
Health & Wellness Challenge
BODY | MIND | SPIRIT

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Use these sheets digitally or in print, to track your #blackep30daychallenge progress. Body | Mind | Spirit #fallintofitness. Let's encourage, inspire, and motivate one another. Let us know how you're doing. Share your photos, videos, and posts. Mention @blackelpasovoice and #blackep30daychallenge. **Follow on FB @blackelpasovoice and join the @blackontheborder group. Connect on Tik Tok and Instagram: @blackontheborder**

DAY	BODY	MIND	SPIRIT
1			
2			
3			
4			
5			
6			
7			

DAY	BODY	MIND	SPIRIT
8			
9			
10			
11			
12			
13			
14			
15			
16			

DAY	BODY	MIND	SPIRIT
17			
18			
19			
20			
21			
22			
23			
24			
25			

DAY	BODY	MIND	SPIRIT
26			
27			
28			
29			
30			

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YOU MADE IT!

You should be very proud of yourself for accomplishing this amazing goal to improve your overall health and wellness!

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