

# June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
My goals this month: 1. _____ 2. _____ 3. _____ <b>Remember to tag me on Instagram for each challenge: @caffeinated.j</b>						1  Write down your top 3 goals for this month
2  Drink a tall glass of water as soon as you wake up	3  Get outside! Take a 15 minute walk.	4  Put down the phone an hour before bedtime	5  Eat one more fruit or vegetable than usual today	6  Exercise challenge! Do 25 jumping jacks today	7  Coffee Friday! Treat yourself to a yummy drink!	8  Try to read at least one chapter of a book today
9  Add fruit to your water for a tasty twist	10  Try gardening- plant a flower or vegetable	11  Drink a cup of tea to help you wind down tonight	12  Make a fruit salad today to have a quick snack at the ready!	13  Exercise challenge! Do 10 pushups today	14  Coffee Friday! Treat yourself to a yummy drink!	15  Take time to paint your nails today
16  Hydrate! Drink at least 64 oz. of water today	17  Find a walking buddy and walk for 20 minutes	18  Don't have any caffeine after noon today to help you sleep tonight!	19  Try a new vegetable side dish with one meal today	20  Exercise challenge! Do 15 squats today	21  Coffee Friday! Treat yourself to a yummy drink!	22  Treat yourself to a facemask today
23  Drink half your weight in water today	24  Sit outside and read today	25  Try using lavender on your pillow to help you sleep tonight	26  Try to eat at least 5 servings of fruits and veggies	27  Exercise challenge! Do a 1-minute wall sit or plank today	28  Coffee Friday! Treat yourself to a yummy drink!	29  Make a lip scrub with brown sugar, olive oil, and honey
30  Tag me on IG with your biggest success this month!	Congratulations on completing this month's self care calendar! Don't forget to download July's calendar at <a href="http://caffeinatedj.com">caffeinatedj.com</a>					