corebalance movement

Selfcare is critical to our wellbeing and vitality. For each day of the month write down ways to incorporate **physical**, **mental** and **emotional** activities to help you feel fulfilled. At the end of each day mark the calendar for each category and track your progress to help you live your best life. Stay informed and learn more on our blog specific to movement, nutrition, massage therapy and traditional chinese medicine visit us at © **www.corebalancemovement.com**

July 2020 Stress Awareness Day Challenge Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		1. Physical	1. Physical	1. Physical	1. Physical	1. Physical
		2. Mental	2. Mental	2. Mental	2. Mental	2. Mental
		3. Emotional	3. Emotional	3. Emotional	3. Emotional	3. Emotional
6	7	8	9	10	11	12
1. Physical	1. Physical	1. Physical	1. Physical	1. Physical	1. Physical	1. Physical
2. Mental	2. Mental	2. Mental	2. Mental	2. Mental	2. Mental	2. Mental
3. Emotional	3. Emotional	3. Emotional	3. Emotional	3. Emotional	3. Emotional	3. Emotional
13	14	15	16	17	18	19
1. Physical	1. Physical	1. Physical	1. Physical	1. Physical	1. Physical	1. Physical
2. Mental	2. Mental	2. Mental	2. Mental	2. Mental	2. Mental	2. Mental
3. Emotional	3. Emotional	3. Emotional	3. Emotional	3. Emotional	3. Emotional	3. Emotional
20	21	22	23	24	25	26
1. Physical	1. Physical	1. Physical	1. Physical	1. Physical	1. Physical	1. Physical
2. Mental	2. Mental	2. Mental	2. Mental	2. Mental	2. Mental	2. Mental
3. Emotional	3. Emotional	3. Emotional	3. Emotional	3. Emotional	3. Emotional	3. Emotional
27	28	29	30	31		
1. Physical	1. Physical	1. Physical	1. Physical	1. Physical		
2. Mental	2. Mental	2. Mental	2. Mental	2. Mental		
3. Emotional	3. Emotional	3. Emotional	3. Emotional	3. Emotional		