

Self-care Wellness Challenge

QUARANTINE EDITION

How to play

- Print your Self-care Wellness Challenge card (page 2)
 - Complete one self-care item each day
 - Mark each item you complete with the completion date
 - The challenge runs through Sunday, May 31st 2020
 - Everyone who completes the challenge will be entered to win a 30-day supply of our favorite multivitamin
 - To enter to win, submit a photo of your completed card to info@bfan.us
 - The winner will be announced through our Social Media channels and email list the week of Monday, June 1st
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Quarantine Edition

Took a shower	Got dressed	Caught up with friends	Exercised for 60 minutes	Gave myself a compliment
Meditated	Ate something delicious	Practiced yoga	Listened to my body	Had fun
Laughed really hard	Spent time in nature	Took an intentional break	Asked for help	Took a social media break
Got 8 hours of sleep	Decluttered	Treated myself	Made time to process my feelings	Dropped a bad habit
Took a mental health day	Drank water	Cooked a nice meal	Enjoyed working on a hobby	Gave a compliment to someone else