

# 30 Days of HEALTH EU

FOR YOU • FOR US • FOR OUR COMMUNITY

**DAY 1**  
Name 5  
things you  
love about  
your body

**DAY 2**  
Do one thing  
today that  
makes you  
happy

**DAY 3**  
Have  
lunch with  
a friend

**DAY 4**  
Establish a  
bedtime  
routine &  
stick to it

**DAY 5**  
Visit the  
Labyrinth  
next to Holt  
Chapel

**DAY 6**  
Take a yoga  
class



**DAY 7**  
Look up at  
the night  
sky & notice  
the stars

**DAY 8**  
Eat some  
fruits and  
veggies today



**DAY 9**  
Write down  
your favorite  
thing about  
yourself

**DAY 10**  
Listen to your  
favorite song &



sing it out loud

**DAY 11**  
Read your  
favorite  
quote

**DAY 12**  
Drink  
more  
water



**DAY 13**



**DAY 14**  
Visit the  
Fitness  
Center or try  
a fitness  
class

**DAY 15**  
Forgive  
yourself



**DAY 16**  
Reduce  
your screen  
time-unplug  
for 1 hour

**DAY 17**  
Practice  
Positive  
Self-talk

**DAY 18**  
Write  
someone a  
thank you  
note

**DAY 19**  
Watch  
your  
favorite  
movie

**DAY 20**  
Try  
something  
new today

**DAY 21**  
Attend  
College  
Coffee



**DAY 22**  
Declutter  
your work  
or study  
space

**DAY 23**  
Watch a  
Ted Talk



**DAY 24**  
Look in the  
mirror &  
appreciate  
yourself

**DAY 25**  
Take a walk  
through  
campus



**DAY 26**  
Do  
something  
you  
LOVE!

**DAY 27**  
Take a nap for  
15 minutes



**DAY 28**  
List 3 things  
you are  
grateful for,  
before falling  
asleep

**DAY 29**  
Practice  
Deep  
Breathing

**DAY 30**  
Journal about  
the last 30  
days & commit  
to doing  
it again



**ELON**  
UNIVERSITY

DEPARTMENT OF  
Health  
Promotion