

# FLY GIRL 14 DAY CHALLENGE

Choose an activity box daily (in any order) to finish by midnight. You'll also need to get moving 30 minutes a day and sip 6–8 glasses of water (because, hey, it's a wellness challenge!). Let's go!

DO A BREATHING EXERCISE	CHECK IN ON A FRIEND	LISTEN TO A PODCAST
TAKE A JOYFUL SELFIE	TRY A NO-SPENDING DAY	MAKE A NOTE OF GRATITUDE
TRY OUT A NEW FITNESS CLASS	TRY A NEW HEALTHY SNACK	REFRESH YOUR WORKOUT 'FIT
DRESS UP AND GO TO BRUNCH	STRETCH OR FOAM ROLL FOR 15 MINUTES	HAVE A PHONE-FREE LUNCH BREAK
VISIT A MUSEUM OR A PARK	WRITE A LETTER TO YOUR FUTURE SELF	<b>FLY GIRL COLLECTIVE</b>

