



Daily

Glow up Challenge

2025

SPF on face

Add protein to one meal

Swap a sugary drink for water

2-minute tidy

1 line gratitude

60 seconds of deep breaths

Read 5 pages

Eat one fruit/veg

10 minutes walk

Social Detox

Log one expense

Posture check

Plan tomorrow's top 3

Cleanse

Moisturize at night

Lights-out on time





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