

# Daily wellbeing challenges days 1-60

01-Day-1-C8C-Monday-23rd-March-2

02-Day-2-Tuesday-24th-March-Wellbeing-Activities

03-Day-3-Wednesday-25th-March-Wellbeing-Activities

04-Day-4-Thursday-26th-March-Wellbeing-Activities-

05-Day-5-Friday-27th-March-Wellbeing-Activities-

06-Day-6-Saturday-28th-March-Wellbeing-Activities-

07-Day-7-Sunday-29th-March-Wellbeing-Activities-

08-Day-8-Monday-30th-Wellbeing-Activities-

09-Day-9-Tuesday-31st-March-Wellbeing-Activities-

10-Day-10-Wednesday-1st-April-Wellbeing-Activities-

11-Day-11-Thursday-2nd-April-Wellbeing-Tasks-2

12-Day-12-Friday-3rd-April-Wellbeing-Tasks-2

13-Day-13-Saturday-4th-April-Wellbeing-Tasks-2

14-Day-14-Sunday-5th-April-Wellbeing-Tasks-2

15-Day-15-Monday-6th-April-Wellbeing-Tasks-2

16-Day-16-Tuesday-7th-April-Wellbeing-Tasks-2

17-Day-17-Wednesday-8th-April-Wellbeing-Tasks-2

18-Day-18-Thursday-9th-April-Wellbeing-Tasks-2

19-Day-19-Friday-10th-April-Wellbeing-Tasks-2

20-Day-20-11th-March-Saturday-Wellbeing-Activities  
21-Day-21-12th-April-Wellbeing-Activities-2  
22-Day-22-Monday-13th-April-Wellbeing-Activities-2  
23-Day-23-Tuesday-14th-April-Wellbeing-Activities-  
24-Day-24-Wednesday-15th-April-Wellbeing-Activities-  
25-Day-25-Thursday-16th-April-Wellbeing-Activities-  
26-Day-26-Friday-17th-April-Wellbeing-Activities-  
27-Day-27-Saturday-18th-April-Wellbeing-Activities-2  
28-Day-28-Sunday-19th-April-Wellbeing-Activities-2  
29-Day-29-Monday-20th-April-Wellbeing-Activities-  
30-Day-30-Sunday-21st-April-Wellbeing-Activities-  
31-Day-31-Wednesday-22nd-March-Wellbeing-Activities  
32-Day-32-Thursday-23rd-March-Wellbeing-Activities  
33-Day-33-Friday-24th-March-Wellbeing-Activities  
34-Day-34-Saturday-25th-March-Wellbeing-Activities  
35-Day-35-Sunday-26th-March-Wellbeing-Activities  
36-Day-36-Monday-27th-March-Wellbeing-Activities  
37-Day-37-Tuesday-28th-March-Wellbeing-Activities  
38-Day-38-Wednesday-29th-March-Wellbeing-Activities  
39-Day-39-Thursday-30th-March-Wellbeing-Activities  
40-Day-40-Friday-1st-May-Wellbeing-Activities  
41-Day-41-Saturday-2nd-May-Wellbeing-Activities-

42-Day-42-Sunday-3rd-May-Welbeing-Activities-

43 Day 43 Monday 4th May Welbeing Activities

44 Day 44 Tuesday 5th May Welbeing Activities

45 Day 45 Wednesday 6th May Welbeing Activities

46 Day 46 Thursday 7th May Welbeing Activities

47 Day 47 Friday 8th May Welbeing Activities

48 Day 48 Saturday 9th May Welbeing Activities

49 Day 49 Sunday 10th May Welbeing Activities

50 Day 50 Monday 11th May Welbeing Activities

51 Day 51 Tuesday 12th May Wellbeing Activities

52 Day 52 Wednesday 13th May Wellbeing Activities

53 Day 53 Thursday 14th May Wellbeing Activities

54 Day 54 Friday 15th May Wellbeing Activities

55 Day 55 Saturday 16th May Wellbeing Activities

56 Day 56 Sunday 17th May Wellbeing Activities

57 Day 57 Monday 18th May Wellbeing Activities

58 Day 58 Tuesday 19th May Wellbeing Activities

59 Day 59 Wednesday 20th May Wellbeing Activities

60 Day 60 Thursday 21st May Wellbeing Activities