

4 - WEEK CHALLENGE

healthy girl summer

Week One

Rest & reset

- Listen to a [sound bath](#).
- Give yourself a screen-free day.
- Do a candlelight yoga flow before bed.
- Read [5 Tips for a Mid-Year Reset](#).
- Switch out your skincare products for the season.
- Try a [mobility workout](#).
- Resist looking at your phone for the first and last 30 minutes of your day.

Week Two

Get outside & get moving

- Walk 10,000 steps in a day.
- Go for a bike ride.
- Schedule an outdoor sweat sesh with your workout bestie.
- Wear SPF daily.
- Go for a distraction-free walk during your lunch break.
- Refuel after a workout with [a protein smoothie](#).
- Head to the beach or the lake or a pool and dive in!

Week Three

Boost your confidence

- Wear your favorite outfit.
- Practice positive affirmations.
- Try one of these [Journal Prompts for Self Love](#).
- Put on your song of the summer and dance it out.
- Get dressed up and take yourself out for a fun date.
- Buy yourself flowers.
- Read [Self Care Ideas for Every Love Language](#) and choose one to try this week.

Week Four

Embrace the season

- Make a vision board for the summer.
- Eat dinner al fresco.
- Treat yourself to your favorite [summer treat](#).
- Plan a mini staycation.
- Pick up a new summer read.
- Make your own summer bucket list.
- Go the farmers market and enjoy the bounty of the season.