AUGUST

JENIUS ONE

WOMEN'S WELLNESS CHALLENGE



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Balance

Strength

Confidence

This month, choose YOU.

Self-care isn't selfish—it'sessential.

Every small healthy choice you make helps you show up stronger for yourself, your family, your work, and your life.

Challenge yourself to complete at least 20 wellness habits this month. Tick them off as you go!

Nourish Your Body 01



- ☐ Drink enough water
- ☐ Eat a healthy breakfast
- ☐ Include vegetables with your meals
- ☐ Eat enough protein
- ☐ Choose fruit over processed snacks
- ☐ Eat mindfully (without screens)

Move Your Body 02



- □ Walk for 30 minutes
- □ Complete a strength workout
- □ Stretch for 10 minutes
- □ Take the stairs when possible
- □ Move your body in a way you enjoy

Rest & Recharge 03



- ☐ Get 7–8 hours of sleep
- ☐ Switch off your phone before bed
- ☐ Spend time outdoors
- ☐ Take 10 minutes just for yourself
- ☐ Practice deep breathing or quiet reflection

Care for Your Mind 04



- □ Write down 3 things you're grateful for
- □ Speak kindly to yourself
- □ Celebrate one small win
- □ Say "No" without feeling guilty
- □ Do something that brings you joy

Balance Your Life 05



- □ Take a proper lunch break
- □ Plan your top 3 priorities
- □ Spend quality time with loved ones
- □ Ask for help when you need it
- □ Unplug and enjoy a screen-free hour

Womans Wellness 06



- □ Take your vitamins or medication
- □ Listen to your body's needs
- □ Book a health check-up if you're due
- □ Wear something that makes you feel confident
- □ Remember that progress is more important than perfection

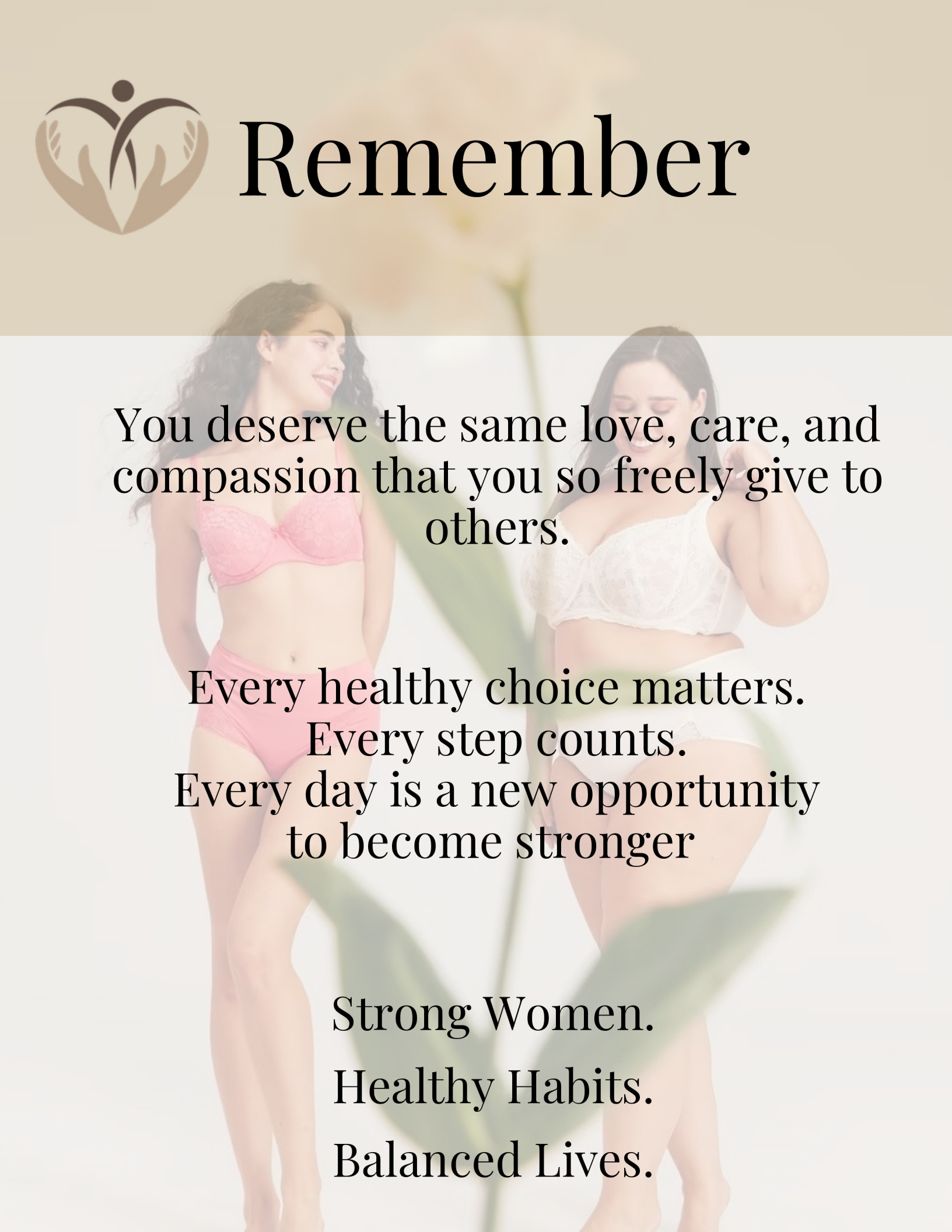
My August Goal



This month I will focus on:

The healthy habit I want to build is:

Remember



You deserve the same love, care, and compassion that you so freely give to others.

Every healthy choice matters.
Every step counts.
Every day is a new opportunity
to become stronger

Strong Women.

Healthy Habits.

Balanced Lives.