

RISE TO THE CHALLENGE

30 DAY Reading Challenge.

Each day turn off the electronic devices and read.

Read for entertainment, relaxation or to learn something new. Get inspired to make a change and improve your mental wellbeing.



10 MINS 1	15 MINS 2	20 MINS 3	10 MINS 4	20 MINS 5	10 MINS 6	20 MINS 7
30 MINS 8	10 MINS 9	20 MINS 10	25 MINS 11	20 MINS 12	15 MINS 13	30 MINS 14
30 MINS 15	20 MINS 16	20 MINS 17	10 MINS 18	20 MINS 19	20 MINS 20	10 MINS 21
10 MINS 22	25 MINS 23	20 MINS 24	10 MINS 25	25 MINS 26	30 MINS 27	10 MINS 28
15 MINS 29	30 MINS 30	WELL DONE. Challenge completed.				



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