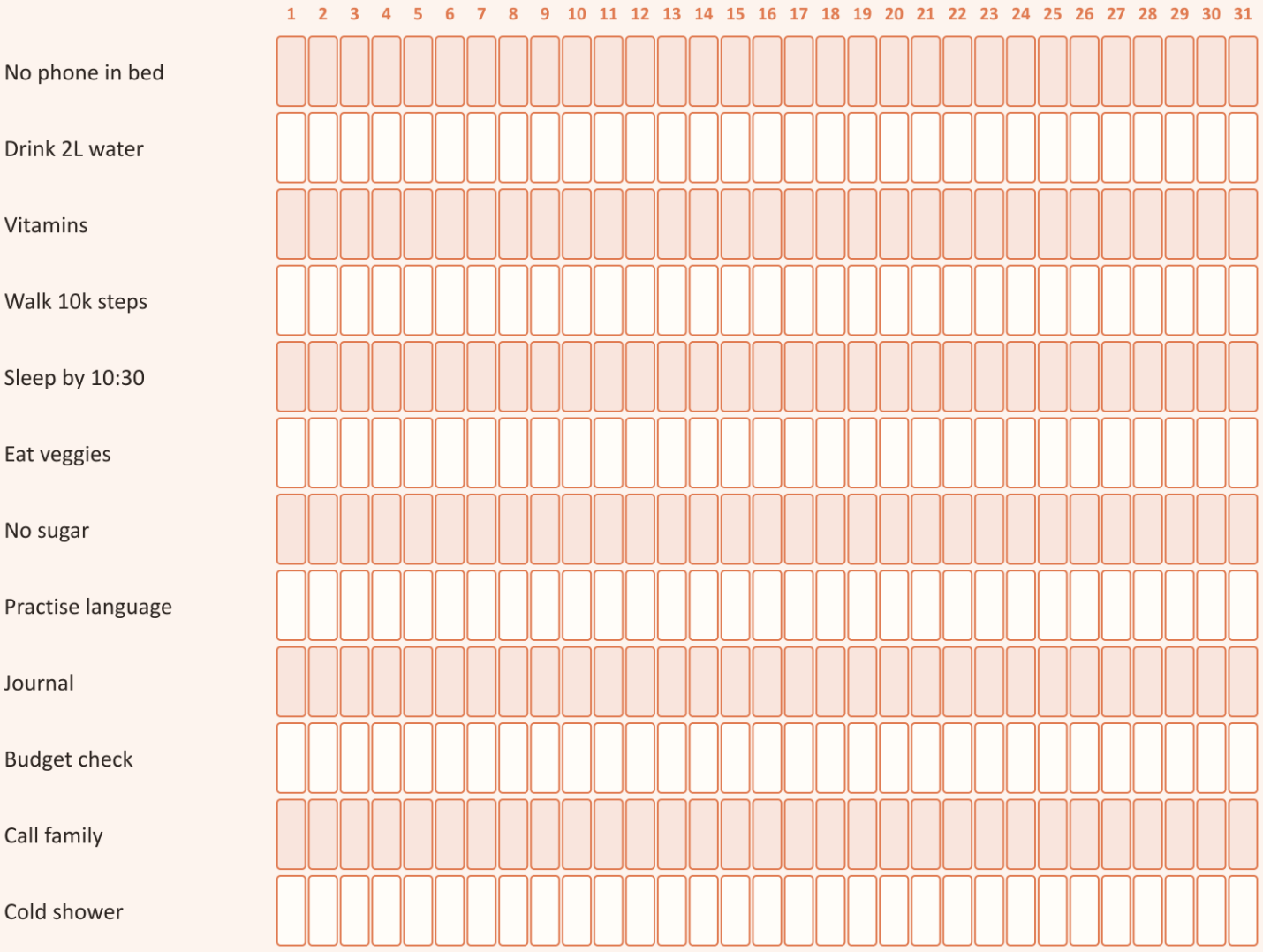
Spring Cleaning Deep-Clean 30-Day Challenge Checklist

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Start date	Streak	Reward

Spring Cleaning Deep-Clean 30-Day Challenge Checklist

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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Practise language																															
Gratitude																															
Tidy 10 min																															
Vitamins																															
No phone in bed																															
Journal																															
Budget check																															
Stretch																															
Meditate																															
No takeout																															

REFLECTION