

# 30 Day Glow Up Challenge

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Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Replace all soft drinks with water.	Exercise for 30 minutes per day.	Journal everyday.	Massage your scalp daily.	Massage your face daily.	Find a new hairstyle to try out.	Take a relaxing bath.
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Don't touch your face.	Exfoliate once/week.	Replace coffee with green tea.	Moisturize your face after each wash.	Spend 10+ minutes outside per day.	Put on lip balm before going to bed.	Put on a facemask.
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Drink at least 8 cups of water/day.	Clean your room.	Organize your closet.	Find things to be grateful for each day.	Find a signature scent.	Plan out a few go-to outfits.	Find your signature makeup look.
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Replace junk food with fruits and veggies.	Change negative thoughts to positive ones.	Stop procrastinating.	Replace self-deprecating thoughts with self-love.	Use Vaseline to condition your eyelashes + eyebrows.	Learn how to cook healthy meals + snacks.	Spend some time with friends or family.
Day 29	Day 30					
Take care of any split ends.	Manicure + pedicure.					