



30 Day May-ditation Challenge!

TAKE THIS MONTH TO FOCUS ON YOUR BREATHING. WITH EVERYTHING THAT'S GOING ON, WE COULD ALL BENEFIT FROM SOME CALMING MEDITATION. TURN YOUR MAY-DITATION CHALLENGE IN AT THE END OF THE MONTH FOR A CHANCE TO WIN!

NAME:

LOCATION:

DEPT:

- | | |
|--|--|
| <input type="checkbox"/> DAY 1 - 10 BREATHS | <input type="checkbox"/> DAY 16 - 10 MINUTES |
| <input type="checkbox"/> DAY 2 - 10 BREATHS | <input type="checkbox"/> DAY 17 - 10 MINUTES |
| <input type="checkbox"/> DAY 3 - DEEP BREATHS FOR 1 MINUTE | <input type="checkbox"/> DAY 18 - 10 MINUTES |
| <input type="checkbox"/> DAY 4 - 1 MINUTE | <input type="checkbox"/> DAY 19 - 10 MINUTES |
| <input type="checkbox"/> DAY 5 - 5 MINUTES | <input type="checkbox"/> DAY 20 - 10 MINUTES |
| <input type="checkbox"/> DAY 6 - 5 MINUTES | <input type="checkbox"/> DAY 21 - 15 MINUTES |
| <input type="checkbox"/> DAY 7 - 5 MINUTES | <input type="checkbox"/> DAY 22 - 15 MINUTES |
| <input type="checkbox"/> DAY 8 - 5 MINUTES | <input type="checkbox"/> DAY 23 - 15 MINUTES |
| <input type="checkbox"/> DAY 9 - 5 MINUTES | <input type="checkbox"/> DAY 24 - 15 MINUTES |
| <input type="checkbox"/> DAY 10 - 5 MINUTES | <input type="checkbox"/> DAY 25 - 15 MINUTES |
| <input type="checkbox"/> DAY 11 - 10 MINUTES | <input type="checkbox"/> DAY 26 - 15 MINUTES |
| <input type="checkbox"/> DAY 12 - 10 MINUTES | <input type="checkbox"/> DAY 27 - 15 MINUTES |
| <input type="checkbox"/> DAY 13 - 10 MINUTES | <input type="checkbox"/> DAY 28 - 15 MINUTES |
| <input type="checkbox"/> DAY 14 - 10 MINUTES | <input type="checkbox"/> DAY 29 - 15 MINUTES |
| <input type="checkbox"/> DAY 15 - 10 MINUTES | <input type="checkbox"/> DAY 30 - 15 MINUTES |