MEDICO DIAGNOSTICS

30-Day Wellness Challenge

Build healthier routines one day at a time.

Your 30-Day Focus

This challenge is designed around sustainable habits - balanced meals, hydration, regular movement, sleep, and consistency. It is not a crash diet and does not require perfection.

Daily goals: Choose balanced meals, drink fluids regularly, include movement that fits your ability, prioritize sleep, and complete one small act that supports your wellness.

Important: This workbook is for general wellness education. Individual nutrition, fluid, exercise, and weight goals vary. Follow individualized advice from your healthcare professional when applicable.

Starting Point

Date	_____	Main 30-day goal	_____
Weight (optional)	_____	Waist (optional)	_____
Energy 1-10	_____	Sleep avg.	_____
Why this matters to me			

WEEK 1: RESET & ROUTINE

Focus on consistency. Plan meals, keep water nearby, and create a realistic bedtime routine.

Day	Balanced Meals	Hydration	Movement	Sleep	Wellness Win
1	■	■	■	■	_____
2	■	■	■	■	_____
3	■	■	■	■	_____
4	■	■	■	■	_____
5	■	■	■	■	_____
6	■	■	■	■	_____
7	■	■	■	■	_____

Weekly Check-In

Biggest win this week:	
What felt difficult?	
Energy / mood changes I noticed:	
One adjustment for next week:	

WEEK 2: BUILD & BALANCE

Add variety to produce and protein choices. Keep movement consistent and notice your energy.

Day	Balanced Meals	Hydration	Movement	Sleep	Wellness Win
8	■	■	■	■	_____
9	■	■	■	■	_____
10	■	■	■	■	_____
11	■	■	■	■	_____
12	■	■	■	■	_____
13	■	■	■	■	_____
14	■	■	■	■	_____

Weekly Check-In

Biggest win this week:	
What felt difficult?	
Energy / mood changes I noticed:	
One adjustment for next week:	

WEEK 3: STRENGTHEN THE HABIT

Prepare for busy days. Keep simple foods available and practice returning to your routine after off-plan moments.

Day	Balanced Meals	Hydration	Movement	Sleep	Wellness Win
15	■	■	■	■	_____
16	■	■	■	■	_____
17	■	■	■	■	_____
18	■	■	■	■	_____
19	■	■	■	■	_____
20	■	■	■	■	_____
21	■	■	■	■	_____

Weekly Check-In

Biggest win this week:	
What felt difficult?	
Energy / mood changes I noticed:	
One adjustment for next week:	

WEEK 4: MAKE IT LAST

Identify the habits you can realistically continue after Day 30. Progress should be sustainable, not temporary.

Day	Balanced Meals	Hydration	Movement	Sleep	Wellness Win
22	■	■	■	■	_____
23	■	■	■	■	_____
24	■	■	■	■	_____
25	■	■	■	■	_____
26	■	■	■	■	_____
27	■	■	■	■	_____
28	■	■	■	■	_____
29	■	■	■	■	_____
30	■	■	■	■	_____

Weekly Check-In

Biggest win this week:	
What felt difficult?	
Energy / mood changes I noticed:	
One adjustment for next week:	

30-Day Progress Review

Use this page to reflect on more than the number on a scale. Energy, sleep, consistency, confidence, clothing fit, meal planning, strength, and other non-scale wins matter too.

End date	_____	Weight (optional)	_____
Waist (optional)	_____	Energy 1-10	_____
Average sleep	_____	Days completed	_____
My biggest non-scale win			
The habit I will continue			
My next 30-day goal			

Keep Going

Choose 2-3 habits from this challenge that felt most realistic and continue them. Sustainable wellness comes from repeatable choices, not all-or-nothing thinking.

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