


30 day refresh Challenge

Please take a photo and tag us in your challenge of the day
using the hashtag #UFIT30DayRefresh

<p>1. Write down 10 things you are thankful for.</p> 	<p>2. Listen to a personal growth podcast</p> 	<p>3. Go outside and get some fresh air</p> 	<p>4. Tell 3 or more people that you appreciate them</p> 	<p>5. Drink 8 glasses of water</p> 
<p>6. Check out the Student RFC Ufit page</p> 	<p>7. Take 15 minutes or more to read something uplifting</p> 	<p>8. Call or face time a friend or family member</p> 	<p>9. Write down 5 positive affirmations</p> 	<p>10. Introduce yourself to someone new.</p> 
<p>11. Leave a positive note for someone or write a letter</p> 	<p>12. Play a game or watch a movie that you loved as a child</p> 	<p>13. Like us on Facebook and follow us on Instagram</p> 	<p>14. Support a local business/ Restaurant or help someone in need</p> 	<p>15. Do something relaxing.</p> 
<p>16. Share a positive quote on social media or send it to someone</p> 	<p>17. Thank someone in the medical field</p> 	<p>18. Try a class on the UFIT student page under RFC on demand.</p> 	<p>19. Enjoy a slow morning with coffee or tea, read, or quiet time</p> 	<p>20. Take the stairs instead of the elevator or walk to campus instead of driving.</p> 
<p>21. Send someone a text telling them how much they mean to you.</p> 	<p>22. Move your body for at least 15 minutes in a way that feels good.</p> 	<p>23. Unplug for 1+ hours, no electronics and take a nap</p> 	<p>24. Write down three goals for yourself</p> 	<p>25. Wash your sheets- So fresh and clean</p> 
<p>26. Listen to a positive and upbeat song</p> 	<p>27. Try a DIY project or craft today</p> 	<p>28. Watch a video that makes you laugh</p> 	<p>29. Make a meal plan for the upcoming week.</p> 	<p>30. Create a vision board</p> 