

30-Day Coloring & Wellbeing Challenge

A gentle, print-friendly self-care routine for stress, mood and focus.

How to use (keep it light)

- Choose a repeatable window (10–20 minutes is enough).
- Use one book or a small set of pages to reduce decision fatigue.
- Rate mood (0–10) before & after to notice patterns (not perfection).
- If you miss a day, continue—no catch-up required.

What to expect (realistic)

- Often: a short-term calm “downshift” during/after the session.
- Sometimes: improved focus via gentle attention anchoring.
- Not guaranteed: lasting symptom change without other supports.

Your plan (fill in):

Preferred time: _____ Location: _____

Tools: _____ Session length: ____ min Frequency: ____ / week

30 Days — tracking grid

Days 1-10. Color, check “Done”, and notice how your body responds.

Day 1

☐ Done

Mood (0-10): ____ Min: ____

One word after: _____

Day 2

☐ Done

Mood (0-10): ____ Min: ____

One word after: _____

Day 3

☐ Done

Mood (0-10): ____ Min: ____

One word after: _____

Day 4

☐ Done

Mood (0-10): ____ Min: ____

One word after: _____

Day 5

☐ Done

Mood (0-10): ____ Min: ____

One word after: _____

Day 6

☐ Done

Mood (0-10): ____ Min: ____

One word after: _____

Day 7

☐ Done

Mood (0-10): ____ Min: ____

One word after: _____

Day 8

☐ Done

Mood (0-10): ____ Min: ____

One word after: _____

Day 9

☐ Done

Mood (0-10): ____ Min: ____

One word after: _____

Day 10

☐ Done

Mood (0-10): ____ Min: ____

One word after: _____

Tip: Write one word after each session (e.g., lighter, steadier, slower, clear, tense).

30 Days — tracking grid

Days 11-20. Color, check “Done”, and notice how your body responds.

Day 11

☐ Done

Mood (0-10): ____ Min: ____

One word after: _____

Day 12

☐ Done

Mood (0-10): ____ Min: ____

One word after: _____

Day 13

☐ Done

Mood (0-10): ____ Min: ____

One word after: _____

Day 14

☐ Done

Mood (0-10): ____ Min: ____

One word after: _____

Day 15

☐ Done

Mood (0-10): ____ Min: ____

One word after: _____

Day 16

☐ Done

Mood (0-10): ____ Min: ____

One word after: _____

Day 17

☐ Done

Mood (0-10): ____ Min: ____

One word after: _____

Day 18

☐ Done

Mood (0-10): ____ Min: ____

One word after: _____

Day 19

☐ Done

Mood (0-10): ____ Min: ____

One word after: _____

Day 20

☐ Done

Mood (0-10): ____ Min: ____

One word after: _____

Tip: Write one word after each session (e.g., lighter, steadier, slower, clear, tense).

30 Days — tracking grid

Days 21–30. Color, check “Done”, and notice how your body responds.

Day 21

☐ Done

Mood (0–10): ____ Min: ____

One word after: _____

Day 22

☐ Done

Mood (0–10): ____ Min: ____

One word after: _____

Day 23

☐ Done

Mood (0–10): ____ Min: ____

One word after: _____

Day 24

☐ Done

Mood (0–10): ____ Min: ____

One word after: _____

Day 25

☐ Done

Mood (0–10): ____ Min: ____

One word after: _____

Day 26

☐ Done

Mood (0–10): ____ Min: ____

One word after: _____

Day 27

☐ Done

Mood (0–10): ____ Min: ____

One word after: _____

Day 28

☐ Done

Mood (0–10): ____ Min: ____

One word after: _____

Day 29

☐ Done

Mood (0–10): ____ Min: ____

One word after: _____

Day 30

☐ Done

Mood (0–10): ____ Min: ____

One word after: _____

Tip: Write one word after each session (e.g., lighter, steadier, slower, clear, tense).