EXTRA TASK

Create Your Own 7-Day Spring Wellness Challenge:

- Design a 7-day challenge that could help people feel healthier or more energetic in spring.
- Write one small habit or task for each day (for example: spend 10 minutes in sunlight, try a seasonal fruit, declutter one drawer).



You can:

- invent your own ideas, or
- find inspiration online (e.g. TikTok, Instagram, blogs, or wellness articles).

Your tasks should be simple, realistic, and possible to do in one day.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

LIVEWORKSHEETS