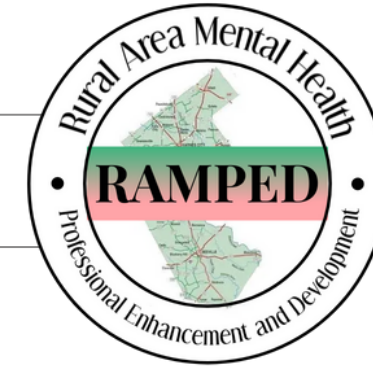


# August 2025

JOIN THE RAMPED SELF-CARE CHALLENGE!!!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Complete 1-10 self-care tasks and earn positive verbal praise from RAMPED Complete 11-20 self-care tasks and earn a snack in your box Complete 21-30 self-care tasks and earn a snack and a chance to win various gift cards.		<b>1</b> Call a friend	<b>2</b> Go for a walk	<b>3</b> Ugly dance to fave music	<b>4</b> Turn off social media	<b>5</b> Smell fresh flowers
<b>6</b> Play with a pet	<b>7</b> Sing in the shower	<b>8</b> Compliment someone	<b>9</b> Complete a Random Act of Kindness	<b>10</b> Draw, doodle or paint	<b>11</b> Listen to a podcast	<b>12</b> Do a puzzle
<b>13</b> Try a new restaurant	<b>14</b> Turn off your cell phone	<b>15</b> Meditate for 10 minutes	<b>16</b> Send someone a card	<b>17</b> Watch your fave movie	<b>18</b> Family Game Night	<b>19</b> Eat dessert
<b>20</b> Say thank you to someone	<b>21</b> Listen to your fave song	<b>22</b> Go to bed early	<b>23</b> Call a friend	<b>24</b> Watch a silly video	<b>25</b> Share a joke	<b>26</b> Drink just water today
<b>27</b> Get a massage	<b>28</b> Do an activity you enjoyed as a child	<b>29</b> Exercise	<b>30</b> BREATH	<b>31</b> Soak in some sun	*Does not have to be completed in sequential order	