

# 90 DAY

*New page*

challenge calendar

2026

# MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 HABIT RESET	2	3	4	5	6	7
8 HOME SYSTEMS + PRODUCTIVITY	9	10	11	12	13	14
15 FOOD + NUTRITION RESET	16	17	18	19	20	21
22 DECLUTTERING + SIMPLIFYING	23	24	25	26	27	28
29 PEOPLE + PRESENCE	30	31				

2026

# APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 BUDGET + SPENDING	6	7	8	9	10	11
12 MINDFULNESS + SPIRITUALITY	13	14	15	16	17	18
19 MOVEMENT + PHYSICAL WELLNESS	20	21	22	23	24	25
26 INTENTIONAL PARENTING	27	28	29	30		

2026

# MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 RELATIONSHIPS + CONNECTION	4	5	6	7	8	9
10 FRUGALITY + RESOURCEFULNESS	11	12	13	14	15	16
17 SELF CARE + PERSONAL ENERGY	18	19	20	21	22	23
24 THE NEW NORMAL	25	26	27	28	29	30 /
						31