

April Theme: April Showers

This is it!
community

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Preparations		1 Set yourself up for success this month by finding an app or water bottle that tracks your water intake <input type="checkbox"/>	2 Think about a sugary drink you regularly consume and replace it with flat or sparkling water <input type="checkbox"/>	3 Start your day by drinking a glass of water before anything else (repeat each morning) <input type="checkbox"/>	4 Try a hydrating face mask <input type="checkbox"/>	5 Go for a walk near water <input type="checkbox"/>	6 Reduce your caffeine intake today. Notice how hydrated you feel without dehydrating drinks. <input type="checkbox"/>
	7 Remember to prop your window open if it rains this month <input type="checkbox"/>	8 Try a cold shower or splash cold water on your face <input type="checkbox"/>	9 Give a plant a deep watering <input type="checkbox"/>	10 Learn about the benefits of electrolytes <input type="checkbox"/>	11 Swim or do some type of water-based workout <input type="checkbox"/>	12 Have you ever considered a cold plunge? Read about the potential benefits and see if it's for you. <input type="checkbox"/>	13 Have a mindful moment over a cup of your favorite tea <input type="checkbox"/>
Mind	14 Drink a hydration-boosting smoothie. Use coconut water, watermelon, chia seeds. <input type="checkbox"/>	15 Reflect on your hydration journey so far this month. How is it going? <input type="checkbox"/>	16 Meditate on a vision of your favorite beach or recall fond memories from a vacation you've taken near water <input type="checkbox"/>	17 Watch a favorite movie that takes place near a lake or beach <input type="checkbox"/>	18 Do a foot soak <input type="checkbox"/>	19 Paint with watercolors <input type="checkbox"/>	20 Send a brief text to a favorite person and tell them you're thinking about them <input type="checkbox"/>
	21 Fall asleep to the sound of rain. Use a sleep machine or a YouTube video. <input type="checkbox"/>	22 Eat water-rich foods, such as a cucumber, orange, or watermelon <input type="checkbox"/>	23 Watch a movie or series that has a scene where it rains <input type="checkbox"/>	24 Drink a glass of water before each meal today (it helps with digestion and prevents overeating) <input type="checkbox"/>	25 If you're normally a coffee drinker when you go to the coffee shop, order tea this time <input type="checkbox"/>	26 Learn about the potential health benefits of matcha <input type="checkbox"/>	27 Learn about water conservation. Is there anything new you'd like to try? <input type="checkbox"/>
Favorites	28 Take a soothing bath <input type="checkbox"/>	29 Wipe off the leaves of your favorite indoor houseplant with a bit of water <input type="checkbox"/>	30 Say farewell to the month of April and reflect on your favorite moments <input type="checkbox"/>	<div style="background-color: #c8a24d; color: white; padding: 10px; text-align: center;"> <p><i>Lady, you deserve a prize! How will you treat yourself for working your way through this month's theme?</i></p> </div> <hr style="width: 100%; border: 0.5px solid #c8a24d;"/> <p style="text-align: center;"><i>prize</i></p>			
Body							

As nature awakens, so do you. Focus on your priorities and check-off each day as you work your way through the theme.