

# 30 Day Anxiety Challenge Tracker

<b>Goal Achieved?</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>
<b>Woo Hoo! You completed Week 1!</b>	<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>	<b>Day 11</b>	<b>Day 12</b>	<b>Day 13</b>	<b>Day 14</b>
<b>You are half way there!</b>	<b>Day 15</b>	<b>Day 16</b>	<b>Day 17</b>	<b>Day 18</b>	<b>Day 19</b>	<b>Day 20</b>	<b>Day 21</b>
<b>Only one week to go!</b>	<b>Day 22</b>	<b>Day 23</b>	<b>Day 24</b>	<b>Day 25</b>	<b>Day 26</b>	<b>Day 27</b>	<b>Day 28</b>
<b>Two more days!</b>	<b>Day 29</b>	<b>Day 30</b>	<b>Whoo hoo!</b>				
			<b>You did it! Be proud of what you've done!</b>				

**Instructions:** Mark a check mark or an X for each day of the challenge you complete. Do this as soon as you've completed that days challenge. In a journal or notebook, keep track of how it went completing that days challenge with a minimum of a sentence or two.

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