



AUGUST 2026

WELLFIT

National Wellness Month Challenge

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Refresh your skin with the WellFit Face+Body Toner
2 Get a WellFit Treatment	3 Moisturize after your shower with the WellFit Face+Body Serum	4 Stretch for 10 minutes today	5 Write down 3 things you're grateful for	6 Drink 64 ounces of water today	7 Double cleanse tonight with the WellFit Face+Body Cleanser	8 Practice mindful breathing today
9 Try a healthy recipe you've never made	10 Spend 10 minutes reading	11 Try out a new WellFit Treatment	12 Take a 10-20 minute walk	13 Do 1 thing that brings you joy	14 Dance to your favorite song	15 Apply SPF before leaving the house
16 Try a new fruit or vegetable	17 Put your phone away 30 minutes before bed	18 Focus on skin barrier repair today	19 Share your morning routine and tag us!	20 Meet up with a friend for a spa day	21 Read for 15 minutes today	22 Get WellFit Recover after working out
23 Share your favorite skincare tip and tag us!	24 Invite a friend on a walk	25 Take a skincare selfie, share it, and tag us!	26 Learn 1 new skincare fact today	27 Do an "everything" skincare routine today	28 Treat yourself to a WellFit Treatment after work	29 Start 1 habit for healthier skin
30 Refresh your skin's moisture with the WellFit Hydrate Treatment	31 Share your results after using WellFit this month and tag us!					

Post and share your wellness journey. **Tag @wellfit.skincare and @livelovespa**

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