

# "Put Your Oxygen Mask On First" 30-Day Challenge

One small daily self-care action for 30 days — track your consistency and energy

Thirty days. One non-negotiable daily action for yourself. Not for your kids, not for your partner, not for work. For you. The science is clear: parental well-being is the single strongest predictor of child emotional regulation. This isn't optional — it's infrastructure.

## Choose Your Daily Action

Pick ONE from the list below, or write your own. The only rule: it takes 10–30 minutes, it's for you, and you do it every single day.

### Physical Options

- ✓ 20-minute walk (alone, no phone)
- ✓ 15-minute stretching or yoga
- ✓ 10-minute cold shower or cold plunge
- ✓ 20-minute strength workout
- ✓ 15-minute dance to music you love

### Mental/Emotional Options

- ✗ 10-minute journaling
- ✗ 15-minute meditation or breathwork
- ✗ 20 minutes reading (not on a screen)
- ✗ 15-minute phone call with a friend
- ✗ 10-minute gratitude + intention setting

My chosen daily action:

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When I'll do it each day (be specific — 'after kids are in bed' or '6:15 AM before anyone wakes'):

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## 30-Day Tracking Table

Mark each day: check mark for completed, X for missed. Rate your overall energy 1–5 at the end of each day. At the end of each week, note any patterns.

### Week 1 (Days 1–7)

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DAY	DATE	DONE?	ENERGY (1-5)	NOTES
1				
2				
3				
4				
5				
6				
7				

Week 1 reflection – what I noticed:

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## Week 2 (Days 8-14)

DAY	DATE	DONE?	ENERGY (1-5)	NOTES
8				
9				
10				
11				
12				
13				
14				

Week 2 reflection – what I noticed:

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## Week 3 (Days 15-21)

DAY	DATE	DONE?	ENERGY (1-5)	NOTES
15				
16				

DAY	DATE	DONE?	ENERGY (1-5)	NOTES
17				
18				
19				
20				
21				

Week 3 reflection — what I noticed:

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### Week 4+ (Days 22-30)

DAY	DATE	DONE?	ENERGY (1-5)	NOTES
22				
23				
24				
25				
26				
27				
28				
29				
30				

Week 4 reflection — what I noticed:

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### 30-Day Review

Days completed out of 30:

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Average energy score Week 1 vs. Week 4:

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What changed in how I feel, parent, or show up for my family?

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Will I continue this habit? What will I adjust?

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**WHEN YOU MISS A DAY**

If you miss a day, don't start over. Just do it the next day. The goal isn't perfection — it's building the identity of a parent who takes care of themselves. Missing one day doesn't break the streak; quitting does.