

CHALLENGE TRACKER

Use this to track how many love actions you do each day for the Full-on Love Challenge or any of the mini challenges.

Love Actions/Days	Hug Yourself	Meditate	Heart Breath	Love in the Mundane	LLMs	Affirmations/ Mirror Work	Letting Go/ Surrender	Sending Love	Things I Love	Loving Kindness Meditation
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										

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Love Actions/Days	Hug Yourself	Meditate	Heart Breath	Love in the Mundane	LLMs	Affirmations/ Mirror Work	Letting Go/ Surrender	Sending Love	Things I Love	Loving Kindness Meditation
11										
12										
13										
14										
15										
16										
17										
18										
19										
20										
21										

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Love Actions/Days	Hug Yourself	Meditate	Heart Breath	Love in the Mundane	LLMs	Affirmations/ Mirror Work	Letting Go/ Surrender	Sending Love	Things I Love	Loving Kindness Meditation
22										
23										
24										
25										
26										
27										
28										
29										
30										
31										