

30-Day Glow Challenge Planner

A Realistic Rebuild for the Modern Indian Woman



Daily Reset Habits (Days 1-30)

- Drink 2-3L water
- Move your body (10-30 mins)
- Follow your AM skincare routine
- Follow your PM skincare routine
- Eat high protein and high fiber meals
- 10 minutes no-phone time
- Sleep before 12 AM
- Speak kindly to yourself

Mind Reset (3-4x per week)

- Journal 1 page
- Write 3 gratitudes
- Clean one small space of your room
- Say no to something draining

Body Reset (Weekly)

- Wednesday: Exfoliate (retinol / vitamin C / salicylic acid)
- Sunday: Barrier-repair face mask (ceramides / peptides)
- Oil hair or deep condition before every wash
- Keep yourself clean and groomed (Waxing, Eyebrows etc)
- Plan next week's meals

Life Reset (Once a Week)

- Clean wardrobe corner
- Review finances & create a budget every Monday
- Set goals for next 7 days

Confidence Reset

- Wear something powerful
- Take 1 photo for yourself
- Have 1 necessary conversation
- Do 1 thing that scares you slightly

End of 30-Day Reflection

What habits became easiest for me?

What changes do I notice in my skin or appearance?

What improved my energy or confidence?

What habits will I keep for the next 90 days?

“You didn't come this far to only come this far”



Glow Challenge Habit Tracker

| Day | Water | Movement | AM Skincare | PM Skincare | Healthy Meals | No-Phone Time | Sleep Before 12 |
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| Week | Exfoliate (Face + Body) | Face Mask | Hair Oil/Mask | Journal | Finance Review/Budget | Weekly Goals |
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