



30-DAY NAIL GROWTH Challenge

Stronger. Longer. Healthier Nails

Naturally


30 DAYS
OF CONSISTENCY
FOR NAILS YOU'LL
LOVE



WELLINFINITY.COM

★ HOW IT WORKS ★

Your 30-Day Plan for Beautiful Nails! ♥

This 30-day challenge is all about building small, consistent habits that lead to stronger, longer and healthier nails naturally. Follow the plan, stay consistent and trust the process!

WHAT YOU'LL DO EVERY DAY



APPLY NAIL OIL

Nourish your nails and cuticles with natural oils (castor oil, coconut oil or your favorite oil).



MASSAGE

Massage your nails and cuticles gently for 2-3 minutes to boost blood circulation.



STAY HYDRATED

Drink enough water throughout the day. Hydration shows up on your nails!



PROTECT & CARE

Avoid harsh chemicals, nail biting and using your nails as tools. Be gentle!

SIMPLE RULES FOR SUCCESS



BE CONSISTENT

Consistency is the key to visible results.



DON'T SKIP MORE THAN 1 DAY

Life happens! Just don't make it a habit.



TRACK YOUR PROGRESS

Use the tracker pages to stay motivated.



BE PATIENT & TRUST THE PROCESS

Great nails take time, but your results will be worth it!

Remember: ♥

Your nails didn't get weak overnight and they won't get strong overnight.

Small daily habits = Big results!



YOU'VE GOT THIS!






30 days from now, you'll thank yourself for starting today.

Let's grow those nails! ♥

30-DAY NAIL GROWTH Challenge

DAILY TRACKER

Small daily habits = Big nail transformation!

DAY	APPLIED NAIL OIL 	MASSAGE (2-3 MINS) 	DRANK ENOUGH WATER 	AVOIDED NAIL DAMAGE HABITS 	NOTES 
Day 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>


 You're one step closer to stronger, longer, healthier nails!


- Remember:* 
-  Be consistent
 -  Drink enough water
 -  Nourish your nails
 -  Be kind to your nails
 -  Trust the process

Today I feel:

 Great
  Okay
  Tough Day

Notes:

..... 

♥ CONSISTENCY TODAY, BEAUTIFUL RESULTS TOMORROW. ♥



30-DAY NAIL GROWTH Challenge

DAILY TRACKER

Small daily habits = Big nail transformation!

DAY	APPLIED NAIL OIL	MASSAGE (2-3 MINS)	DRANK ENOUGH WATER	AVOIDED NAIL DAMAGE HABITS	NOTES
Day 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

REMEMBER

- ♥ Be consistent
- ♥ Drink enough water
- ♥ Nourish your nails
- ♥ Be kind to your nails
- ♥ Trust the process

Tiny efforts every day lead to **stronger, longer, healthier nails!**

TODAY I FEEL:

Great Okay Tough Day

NOTES / THOUGHTS:

.....

♥ You're doing *amazing!* Keep going - your future nails will thank you. ♥








30-DAY

NAIL GROWTH Challenge

DAILY TRACKER

Small daily habits = Big nail transformation!

DAY	APPLIED NAIL OIL 	MASSAGE (2-3 MINS) 	DRANK ENOUGH WATER 	AVOIDED NAIL DAMAGE HABITS 	NOTES 
Day 21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Remember

- ♥ Be consistent
- ♥ Drink enough water
- ♥ Nourish your nails
- ♥ Be kind to your nails
- ♥ Trust the process



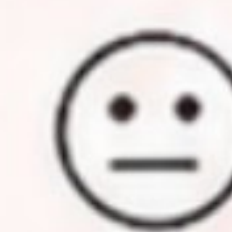
You didn't just grow your nails,
you grew your consistency!



TODAY I FEEL:



Great



Okay



Tough Day

NOTES / THOUGHTS:

.....

.....

30 DAYS OF SMALL HABITS CAN CREATE BIG CHANGES.

Keep glowing, keep growing!



WEEKLY Progress Tracker

♥ TRACK YOUR PROGRESS. CELEBRATE SMALL WINS. ♥



WEEK
1
DAYS 1-7

NAIL CONDITION:

GROWTH NOTICED:

ANY CHANGES:

FOCUS THIS WEEK:

- ♥ Be consistent
- ♥ Apply oil daily
- ♥ Massage & hydrate

WEEK
2
DAYS 8-14

STRONGER? Yes A Little Not Sure

BREAKAGE REDUCED? Yes A Little Not Sure

NOTES:

FOCUS THIS WEEK:

- ♥ Nourish your nails
- ♥ Stay hydrated
- ♥ Avoid harsh chemicals

WEEK
3
DAYS 15-21

LENGTH IMPROVEMENT: Yes A Little Not Sure

NAIL STRENGTH: Stronger Same Weak

WHAT WORKED BEST:

FOCUS THIS WEEK:

- ♥ Deep oil massage
- ♥ Eat healthy
- ♥ Be gentle with nails

WEEK
4
DAYS 22-30

OVERALL RESULTS: Amazing Good Needs More Time

BIGGEST CHANGE:

I'M PROUD OF:

FOCUS THIS WEEK:

- ♥ Maintain routine
- ♥ Protect your nails
- ♥ Celebrate progress!

BEFORE & AFTER TRACK

DAY 1
(BEFORE)

DAY 30
(AFTER)

Look how far you've come! ♥

MILESTONE MOMENTS

- Day 7 – First week done! Keep going!
- Day 14 – Halfway there!
- Day 21 – You're doing amazing!
- Day 30 – Challenge complete!

Consistency is your superpower! ♥

QUICK TIPS

- Keep nails clean & dry
- File in one direction
- Moisturize daily
- Eat protein & vitamins
- Avoid biting or picking
- Be patient & consistent

— ♥ —

Small habits today, beautiful nails tomorrow. ♥



BEFORE & AFTER

Track ♥

SEE HOW FAR YOU'VE COME!

DAY 1 (BEFORE)



Paste or draw your nail photo here

DAY 30 (AFTER)



Paste or draw your nail photo here

Look at that growth! You did that! ♥

KEY CHANGES I NOTICED

- Length increase _____
- Stronger nails _____
- Less breakage _____
- Smoother surface _____
- Healthier cuticles _____
- More shine _____
- Overall nail health _____



MY FINAL RESULTS ♥

- Final nail length: _____
- Nail strength: _____
- Biggest improvement: _____
- How I feel: _____

♥ MY FAVORITE HABITS FROM THIS CHALLENGE

- ♥ Applying oil daily _____
- ♥ Massaging nails _____
- ♥ Staying hydrated _____
- ♥ Avoiding damage _____
- ♥ Being consistent _____

👑 MY NEXT GOAL

I will continue to:

Consistency is the secret to beautiful nails! ♥

♥ You grew your nails & your confidence! ♥

♥ 30-DAY NAIL GROWTH CHALLENGE ♥

CHALLENGE

Complete! ♥

♥ YOU DID IT! ♥

30 days of small habits = Big transformation.

You showed up for yourself and your nails! ♥

MY RESULTS



Final nail length: _____



Nail strength: _____

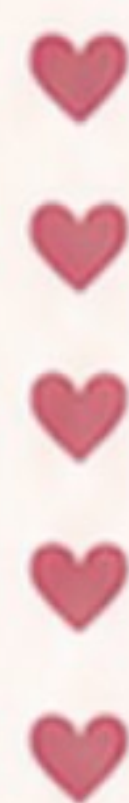


Biggest improvement: _____



How I feel: _____

WHAT WORKED BEST FOR ME ♥



I'M PROUD OF:



Staying consistent



Choosing healthy habits

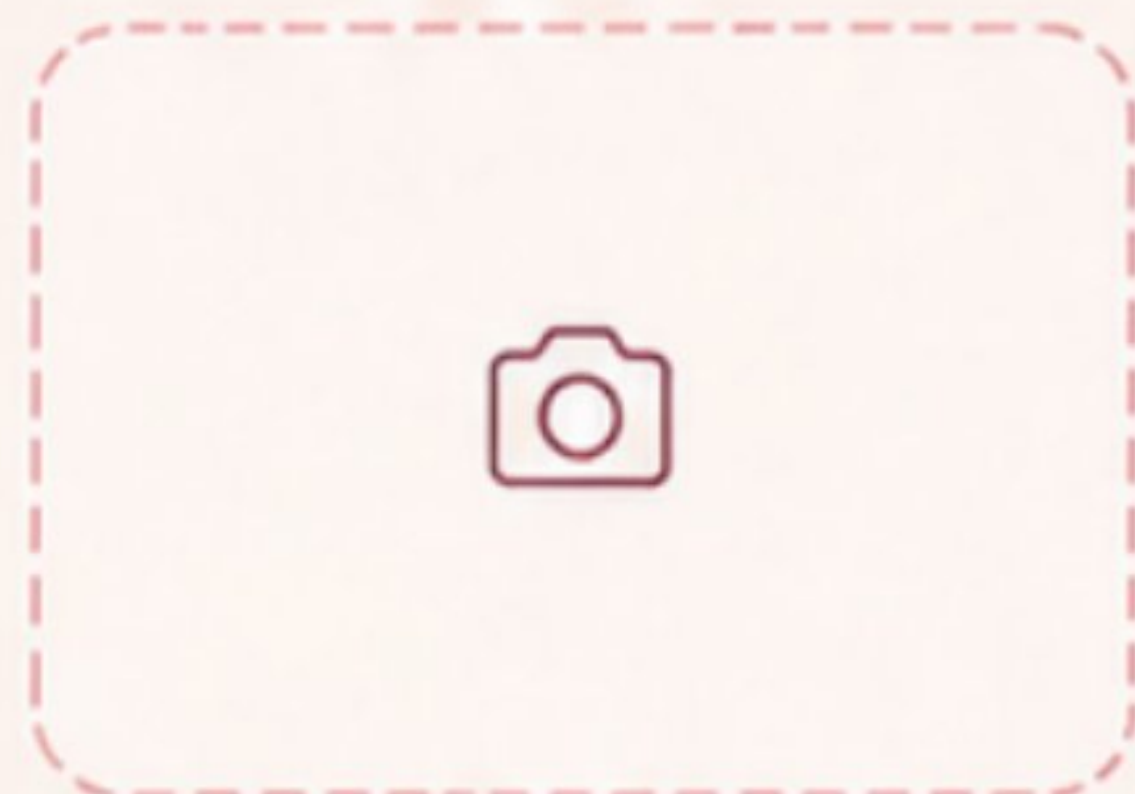
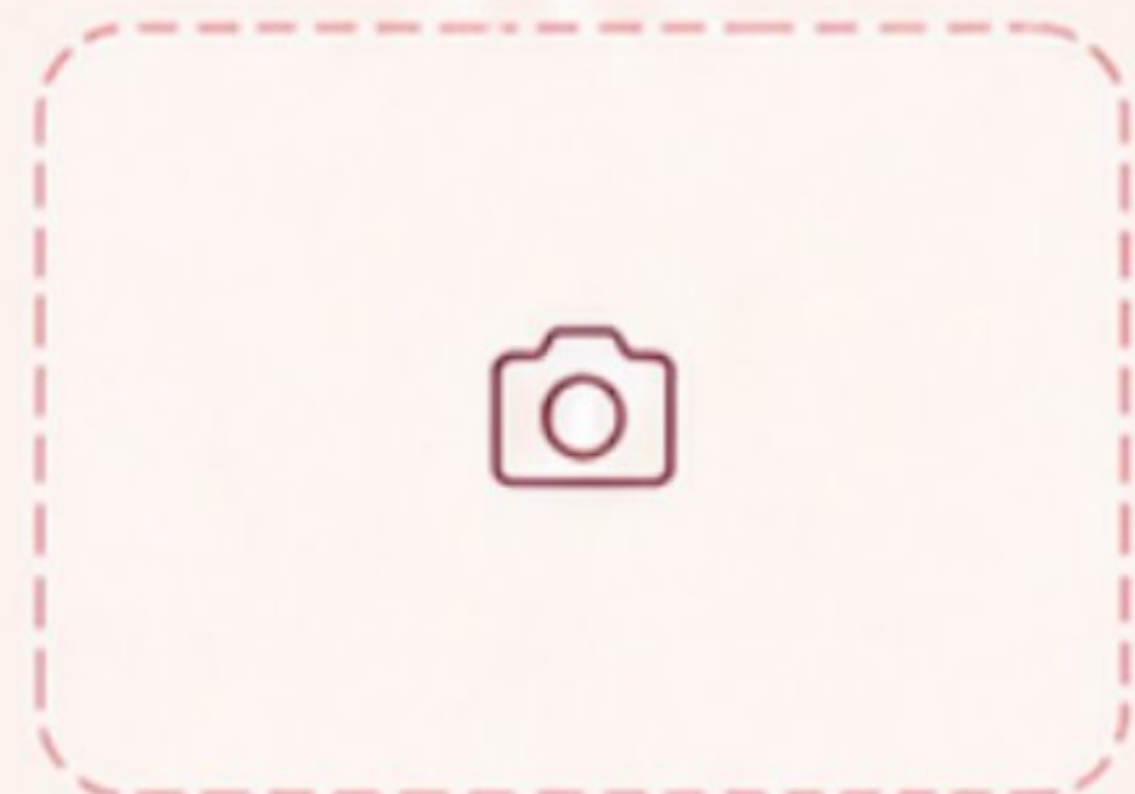


Not giving up

BEFORE & AFTER

DAY 1

DAY 30



Look how far you've come! ♥

LESSONS I LEARNED



Remember:

This is just the beginning of your nail journey.



I WILL CONTINUE TO:



Take care of my nails



Stay hydrated



Eat well



Stay consistent



Celebrate progress

Here's to stronger, longer, healthier nails! ♥

YOU DID THIS!

Keep growing, keep glowing! ♥

REFLECTION & Reset ♡



♡ CELEBRATE. REFLECT. RESET. ♡

You made it through 30 days of showing up for yourself and your nails.

Take a moment to reflect on your journey!



MY BIGGEST WINS

I'm proud of:

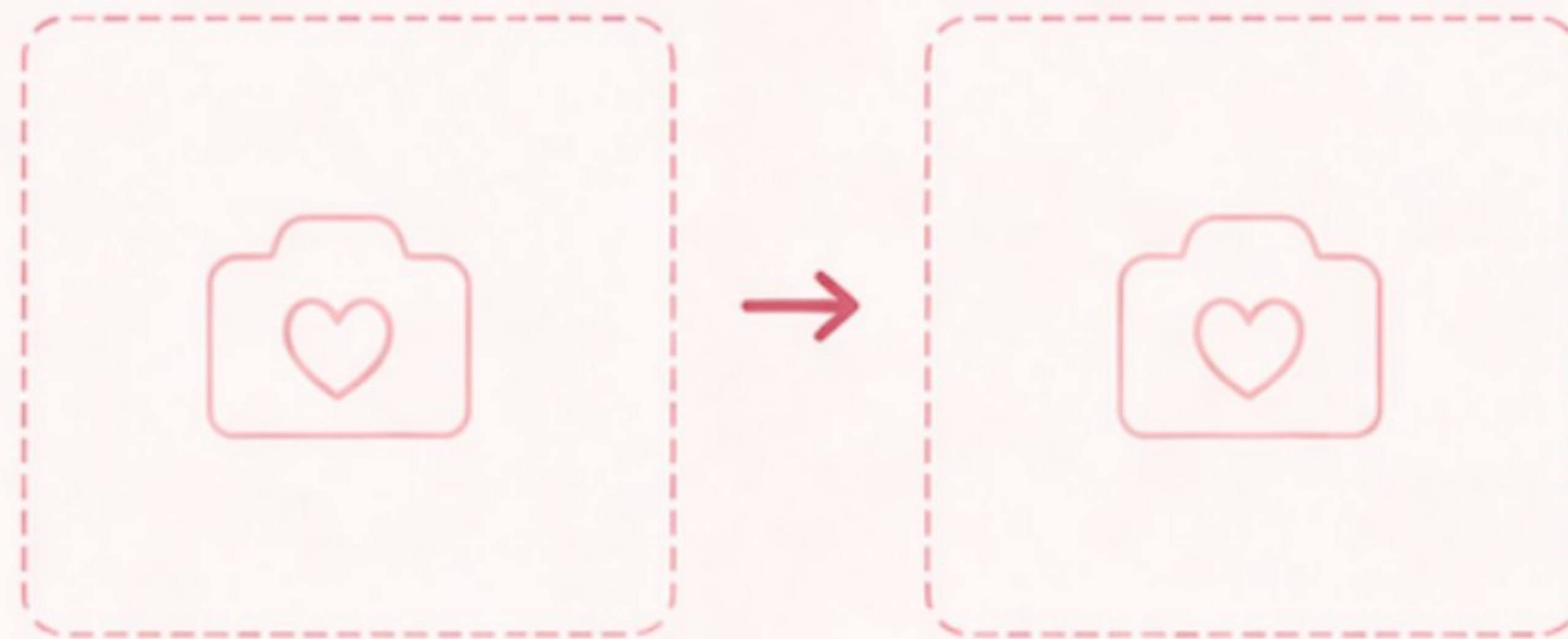
- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



MY NAIL JOURNEY ♡

DAY 1 (BEFORE)

DAY 30 (AFTER)



Look how far you've come! ♡



WHAT WORKED BEST FOR ME

- ♡ Nail care routine _____
- ♡ Products I used _____
- ♡ Habits I was consistent with _____
- ♡ What helped me stay motivated _____
- ♡ Anything else that made a difference _____



WHAT I LEARNED ABOUT MY NAILS

- ♡ My nails need: _____
- ♡ Things I'll continue doing: _____
- ♡ Things I'll stop doing: _____

MY NEXT 30-DAY GOALS



GOAL 1



GOAL 2



GOAL 3



HOW I FEEL NOW

After completing this challenge, I feel:



Amazing



Happy



Proud



Okay



Tired

Other feelings: _____



YOU ARE

Amazing!

Keep taking care of yourself and your nails.
You deserve it!



NOTE TO MY FUTURE SELF

Dear future me, _____



The journey doesn't end here. Keep growing, keep glowing!



YOU + CONSISTENCY = UNSTOPPABLE

