Break Time

The Break Time challenge invites you to consciously take a break at work each day for the next 30 days. For certain jobs, breaks are mandatory and quite specifically structured, but more often than not, breaks get overlooked and are considered a waste of time. In a formal setting, there's usually a 15-minute break in the morning, a 15-minute break in the afternoon, and a 30-minute lunch break. For this challenge, you only need to take one break a day (your lunch does not count). If you miss a day, take two breaks the following day.
To complete the challenge, Track "YES" 20 days

April 1	April 2	April 3	April 4	April 5	April 6	April 7
April 8	April 9	April 10	April 11	April 12	April 13	April 14
April 15	April 16	April 17	April 18	April 19	April 20	April 21
April 22	April 23	April 24	April 25	April 26	April 27	April 28
April 29	April 30					

I've completed the challenge!

_____
(Print Name)