

Wellness Journal

CHALLENGE: "DARE TO DO"

JANUARY. 2022



	Me-Day Monday	Tasty Tuesday	Whine Down Wednesday	Thankful Thursday	Fun-Day Friday	Sassy Saturday	Sundown Sunday
BREAKFAST	Fruit snack. (banana)	Fruit snack.(apple) and a glass of milk	Cereals and fruit snack. (banana)	Make a fruit salad (mango, banana,berries)	Have a glass of naturally squeezed Fresh juice	Make pan cakes /chapatti/ bake a cake	Detox, healthy salad. (Avocado and cucumber
Exercise	Stretch and Deep breath for 15 minutes	Do a deep breathing exercise before meals	20 minutes of Yoga, listen to your favorite song	Do 15 minutes of cardio	Rope skipping for 20 minutes	Take a Morning walk outside. Sun bath	Meditate with yoga
Activity challenge	Go to bed one hour earlier than usual.	Check-in with a loved one through a phone call, text, snap	Practice gratitude think of 3 things your grateful for	Give yourself a relaxing bathe or with scented candles	Treat yourself to comfort food. You deserve it.	Declutter Watch /Re watch a favorite movie Take a mid-day nap	cook a meal and share it with somebody, friend, neighbor take a mid-day nap
Self-love quote	You are enough and you do enough	Be kind to yourself today	Just one big cup of self-love	Fall in love with taking care of yourself	Life is way too short to spend another day	It starts with love and ends with love.	Protect your peace, get rid of toxicity, cleanse your space.
Water	2 cups	3 cups	3 cups	4 cups	6 glasses	7 glasses	8 glasses