



Wellness Journal

THEME: "LOVE"

FEBRUARY. 2022

	Me-Day Monday	Tasty Tuesday	Whine Down Wednesday	Thankful Thursday	Fun-Day Friday	Sassy Saturday	Sundown Sunday
BREAKFAST	Millet porridge ,sweet banana	Fruit snack.(apple) and a glass of plain yoghurt	Fruit (watermelon) and cereal	mashed potatoes and beef stew with avocado	Spiced tea with some ginger, cinnamon and corn	Fruit salad. (Banana, apple) and a glass of milk	Drink some warm water ,pear, oats porridge
Exercise	Take deep breaths, 10 sit-ups 5press-ups.	Meditate and stretch	Skip some rope and also do some air boxing	Do a dance workout on a Lingala track	Take a morning jog around your neighborhood	Go to the nearest gym or take a walk, or a road trip.	Zumba classes with a friend.
Activity challenge	Put on your favorite color	Give yourself a striptease before you have bath or a shower	Take a self-breast examination for any abnormality.	Write a message of gratitude of two lines to any LBO activist you know or read about	Invite your friends for some wine and beer tasting because its LGBT history month	Flash yourself in the mirror and say damn am sexy and I know it	Plan a simple cute date with your partner crush or even a friend it's the love month and try out a new sex position
Self-love affirmation or quotes.	I am beautiful and when I smile ,I light up the room	Embrace the glorious mess that you are	Health without mental health is not healthy wealth	I am creatively inspired by the world that molds me	I am coming closure to my true self everyday	Let your inner child come out to play	I am free and safe to explore my sexual desires
Water	2 cups	3 cups	4 cups	5 glasses	6 glasses	7 glasses	8 glasses