

Wellness Journal

AUGUST. 2022



THEME: "TERIKUZIKIZA AUGUST "

WELLNESS JOURNAL PLANNER	SELF MOTIVATION MONDAY	TASTY TUESDAY	WHINEDOWN WEDNESDAY	THIRSTY THURSDAY	FUN DAY FRIDAY	SASSY SATURDAY	SUN DOWN SUNDAY
NUTRITION CHALLENGE	Make yourself a light breakfast before work	No junk Tuesday Do not forget to add salad	Share your lunch with a friend or workmate	Enjoy that homemade meal ,add vegetables	Enjoy some dessert ,you have earned it	Treat yourself to a local meal at your favorite kafunda	Sundays are for Detoxing ,make juice or have a vegan meal
ACTIVITY CHALLENGE JOURNALING	Today I choose to stop thinking that I am..... and start believing that I am.....	An area I need to stop doubting myself and step up in.....	What moment in your life are you grateful for?	List 7 encouraging things you want to speak to your younger self	What do you love about yourself today?	Give an example of the time you strived to proof yourself to others ,how did it affect you	How healthy do you rate yourself to be on the scale of 1to 10.
EXERCISE CHALLENGE	30butt kicks,15 jumps,15 squats cardio and do some stretches	Jog in place(5mins),30 butt kicks ,10 sit-ups and 15 pushups	REST	40 kicks ,fast feet runs Relax into yoga	REST	Do Soccer kicks ,and jump rope	Do a dance workout, zumba Relax into yoga
WELLNESS QUOTES	Dare to be different ,standout, shine and dare to be the one with the voice	Change is painful but worth it.	Let someone love you for who you are	Boundaries are healthy	Good energy attracts good people	Taking a break is productive	You matter ,you are loved ,everything will work out
HYDRATE	5 glasses	5 glasses	5 glasses	6 glasses	6 glasses	7 glasses	7 glasses

