

# Wellness Journal

MAKE IT A DECEMBER TO REMEMBER

THEME: "MERRY DECEMBER"



WEEKLY PLANNER	SUNNY SUNDAY 	MAGICAL MONDAY 	TERRIFIC TUESDAY	WILD SLOW WEDNESDAY	THIRSTY THURSDAY 	FABULOUS FRIDAY	SASSY SATURDAY
<b>NUTRITION CHALLENGE</b>	Make a green smoothie	Prep your meals for the week	Try out a new recipe for your dinner	Add salad on your lunch meal	Add onions, mushrooms, garlic, spinach, black pepper to your diet	Increase your fiber intake, vitamins, and minerals by eating an omelet with low-carb veggies.	Drink at least 7 glasses of water today ,your body needs it
<b>WELLNESS CHALLENGE</b>	Give yourself a healthy vegan treat and make it taste merry	Digital detox, stay away from sad news ,plan for the week	Connect with someone you haven't spoken to in a while	Make a gratitude list, put yourself as no.ONE	Take yourself out for a coffee break or icecream, it a festive season	Listen to music from your favorite DJ'S ie AMOR DJ. LETS GO DANCING	Spend the day doing a DIY project, or go attend that workshop.
<b>PHYSICAL EXERCISE</b>	Take a nap or a nature walk	Wake up early and do a workout routine for 45mins	Do some meditation to rejuvenate your soul mind and body	Take a mindful walk	Skip some rope ,do, some breathing exercises as well	Go swimming or treat yourself to a massage	Try a new yoga class, physical and online
<b>QUOTES OF THE DAY</b>	Make today a beautiful day as you are	Be magical and extra ordinary in all that you do ."	One act of kindness will rejuvenate your soul	Gratitude turns what we have into enough.	Keep taking time for yourself until you are you again."	Without music, life would be a mistake. We need rhythm	"Don't apologize for feeling something." you deserve better, you know you do."
<b>HYDRATE</b>	3 glasses	5 glasses	5 glasses	6 glasses	6 glasses	7 glasses	3 glasses

