


Sans July Challenge

31 Days of Feeling Good!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			01 DO A WORKOUT YOU HAVEN'T DONE BEFORE	02 COOK A MEAL FOR A FRIEND OR FAMILY MEMBER	03 POUR A NON ALCOHOLIC RED WINE	04 WATCH THE SUNSET
05 DRINK 2-3 LITRES OF WATER	06 GO FOR A WALK WITH A FRIEND	07 SUBSTITUTE COFFEE FOR GREEN TEA TODAY	08 DO 15 MINUTES OF STRETCHING	09 TRY A NEW RESTAURANT	10 MAKE A NON ALCOHOLIC G&T	11 SLEEP IN OR TAKE A NAP
12 READ A BOOK BEFORE BED	13 DO MORNING YOGA FOR 15 MINUTES	14 COOK A MEAL WITH 5 VEGETABLES	15 CHECK IN ON AN OLD FRIEND	16 MEDITATE FOR 10 MINUTES	17 TRY A NEW NON ALCOHOLIC WHITE WINE	18 HAVE A SELF CARE DAY
19 WRITE DOWN YOUR PLANS FOR THE WEEK AHEAD	20 HAVE A GLASS OF WATER BEFORE YOUR MORNING COFFEE	21 TURN OFF YOUR PHONE AFTER 6PM	22 CALL A FAMILY MEMBER	23 BOOK AN APPOINTMENT YOU'VE BEEN AVOIDING	24 MAKE A NON ALCOHOLIC DARK & STORMY	25 GET YOUR FRIENDS TOGETHER FOR A GROUP SPORT
26 MEDITATE FOR 10 MINUTES	27 LISTEN TO A PODCAST	28 GO FOR A LONG WALK	29 HAVE A BOARDGAMES NIGHT WITH FRIENDS	30 GO FOR A LONG DRIVE	31 TRY A NON ALCOHOLIC APEROL SPRITZ	