



January Wellbeing Challenge

This week's challenges

Monday Jan 18th	Tuesday Jan 19th	Wednesday Jan 20th	Thursday Jan 21st	Friday Jan 22nd
<p>Call and chat with a family member you haven't spoken to in awhile. Think especially of those who might be lonely at this time. It will be good for both of you!</p>	<p>Walk at least 8,000 steps today & bring somebody along!</p>	<p>Spend 1 hour in a device free zone (Read a book or bake something you like instead).</p>	<p>Drink 2 litres of water today</p>	<p>Eat 3 vegetables during the day</p>