



January Wellbeing Challenge

This week's challenges

Monday Jan 11th	Tuesday Jan 12th	Wednesday Jan 13th	Thursday Jan 14th	Friday Jan 15th
Write down 5 things you are grateful for today	Walk at least 6,000 steps today	How many jumping jacks can you do in 30 secs? Repeat 3 times during the day	Drink 1.5 litres of water today	Eat 3 fruits during the day