



January Wellbeing Challenge

This week's challenges

Monday Jan 25th	Tuesday Jan 26th	Wednesday Jan 27th	Thursday Jan 28th	Friday Jan 29th
<p>Do a random act of kindness for somebody at home today</p> <p>(make them a cuppa, do the wash up, leave a nice note for them etc.)</p>	<p>Walk 10,000 steps & bring somebody along!</p>	<p>Go to bed a little earlier. Aim for 8 hours sleep tonight.</p>	<p>Drink 2.5 litres of water today</p>	<p>You made it to Friday! Put on your favourite song and dance like nobody's watching!</p>