

# Wellness Journal

ALL OR NOTHING APRIL . 2022

**THEME: "DO IT ALL"**



	Me-Day Monday	Tasty Tuesday	Willful Wednesday	Thankful Thursday	Fun-Day Friday	Sassy Saturday	Sundown Sunday
NUTRITION CHALLENGE	No sodas or any carbonated beverages. Replace with natural juice	Throw out junk food and Eliminate fast foods from your diet	Try out a new type of food. Go totally local cuisines	End all meals by 8.00pm. Have a fruit or healthy snack before bed	No sugar, No dessert Friday	Prepare a meal by yourself ,you can invite a friend to help out	Make a vegetable smoothie Spinach avocado cumber
Exercise	Do 30 pushups and stretch the whole body	Do a deep breathing exercise before meals	Do some Meditation with yoga Try with a friend	Go jogging it can be Home or in the neighborhood	Rope skipping for 20 minutes	Take a Morning walk outside. Sun bath	Do your stretches and have an afternoon nap
Activity challenge	Make a to do list of what you want to do in a week. Write a chore list to follow	Practice mindfulness by Journaling about your day	Think about that one thing you can change in your day and do it	Take a social media break for the day and focus on the life around you	Create a music playlist for when you need some comfort	Put on something nice around the house and Start on a new book	Focus on resting today ,take a nap and sleep in early
Self-love quotes.	There is no need to be perfect to inspire others. Let others get inspired by how you deal with your imperfection	If you want to fly ,give up everything that weighs you down	Nurturing yourself is not selfish, it is essential to your survival and wellbeing	You are enough and you do enough	I like to high five myself for getting through another week. only you know how hard you grind	Ask yourself what is really important and then have the courage to build your life around your answer	It is never too early or too late to work toward being the healthiest you
Water	2 cups	3 cups	4 cups	5 glasses	6 glasses	7 glasses	8 glasses

