



Wellness Journal

AMBITIOUS JULY. 2022

THEME: "AMBITIOUS JULY"

WEEKLY PLANNER	MELLOW MONDAY	TASTY TUESDAY	WELLNESS WEDNESDAY	THIRSTY THURSDAY	FEEL GOOD FRIDAY	SASSY SATURDAY	SUN DOWN SUNDAY
NUTRITION CHALLENGE CHECK IN WITH YOUR HEALTH	Simplify breakfast don't forget to fruit it up	Pack a healthy snack for lunch don't junk	Replace stress eating with hydrating	Enjoy a homemade Meal	Have a meatless meal and don't forget your salad	Dine at a locally sourced eat out.	Detox by juicing, or have a vegan sunday
ACTIVITY CHALLENGE	Make a list of your accomplishments and hang it where you can see	Practice mindfulness and affirm your worth before bed	Digital detox and Delete toxic contacts	Step outside today or take a min to just be by yourself	Set some time for a spa or massage	Plan something fun for the day with friends	Priotize your sleep today
FITNESS OR EXERCISE CHALLENGE	Meditation with yoga and breathing exercises	Have a morning or evening jog or take a walk	Skip some rope or do rounds of air boxing	Do some stretches' for the neck, thorax, hands, legs and wrist	Do 100 squats and 50 sit-ups	Go for zumba or do a dance workout	Rest up
SELF MOTIVATIONAL QUOTES	Just be you because your unique, live everyday ,you deserve good in your life	If you want to fly, give up everything that weighs you down	A little progress each day adds up to big results	If you get tired, learn to rest and not quit	Give yourself permission to feel all the emotions	Work hard play hard no drama	Find time for the things that make you happy
HYDRATE	5 glasses	5 glasses	5 glasses	6 glasses	6 glasses	7 glasses	7 glasses

