|  |  |
| --- | --- |
| Fabulous February  |  |
|  | 2020 |
| Try each exercise | Continue doing what resonates for you, leave the others. |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  | 1 |
|  |  |  |  |  |  | Sugar Free SaturdayTry fruit or Dates |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Take a moment to count your blessings. Reflect on your GRATITUDE. Write 10 things you’re grateful for. | Social Media Free Monday  | Take time to enjoy your food. Taste it, smell it, see the appeal, feel it in your mouth and as you chew. | Meatless/Vegan Wednesday | Sit for 7 minutes of deep mindful breaths.  | Try a new recipe. Something you consider risky. Discover a new flavor.  | Sugar Free Saturday |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Reflect. Ask yourself: What is one thing I can do to make this week more meaningful? | Social Media Free Monday | Tell someone that you appreciate them, tell them what they mean to you. | Meatless/Vegan Wednesday | Sit for 10 minutes of deep mindful breaths. Say: “I AM” on the inhale and “Fearless” on the exhale. | Reflect on who is in your life. How do they serve you to be better? How are you a role model to them?  | Sugar Free Saturday |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Try a new workout. Either a class (yoga, spinning, boxing) or something you don’t usually do (swim, hike, ride your bike). | Social Media Free Monday | Meditate over your food. Think about where it came from. The process from farm to table. The nourishment you’re consuming to help mind and body.  | Meatless/Vegan Wednesday | Sit for 13 minutes of deep mindful breaths. Say: “I AM” on the inhale and “Loved” on the exhale. | Reflect on your week. What was your biggest accomplishment? What would you have done differently?  | Sugar Free Saturday |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Relish in the FRESH AIR. No matter the weather, get outside and find enjoyment in what you see, feel, hear and smell | Social Media Free Monday | Tell someone that you appreciate them, write them a thank you note or email for something that you respect about them.  | Meatless/Vegan Wednesday | Sit for 13 minutes of deep mindful breaths. Say: “I AM” on the inhale and “Fearless” on the exhale. | Decide how you want to spend your weekend. What do you need more of to be successful? What do you need less of?  | Sugar Free Saturday |