

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