

MARCH
2021

1 MONTH TO WELLBEING

To win each week, you must complete 5 of the 7 activities.

You can complete these activities on whichever day you wish, but we have included a suggested timetable.

Each week consists of a mixture of:

- **Physical exercise**
- **Healthy meal**
- **Full night's sleep**
- **Chill out session**
- **Social interactions**

Each week will have a theme. This theme will be accompanied by a home video, activity, or suggestion, for you to follow along should you wish. Each activity must be completed at least once per week.

By all means, do them as much as you like but they count as a maximum of two per week.

		MON	TUES	WED	THURS	FRI	SAT	SUN
HEALTHY EATING EXERCISE SLEEP CHILL OUT BEING SOCIAL	HEALTHY MEAL	1 HEALTHY MEAL LIVE SESSION: COOKING SESSION	2 CHILL OUT SESSION	3 PHYSICAL EXERCISE	4 HEALTHY MEAL LIVE SESSION: COOKING SESSION	5 PHYSICAL EXERCISE	6 SOCIAL INTERACTION	7 FULL NIGHT'S SLEEP
	EXERCISE	8 SOCIAL INTERACTION	9 PHYSICAL EXERCISE LIVE SESSION: FLEXIBILITY	10 HEALTHY MEAL	11 SOCIAL INTERACTION	12 FULL NIGHT'S SLEEP	13 PHYSICAL EXERCISE ACTIVITY SESSION: YOUTUBE	14 CHILL OUT SESSION
	SLEEP	15 PHYSICAL EXERCISE	16 HEALTHY MEAL	17 FULL NIGHT'S SLEEP LIVE SESSION: BEDTIME STRETCH	18 PHYSICAL EXERCISE	19 SOCIAL INTERACTION	20 HEALTHY MEAL	21 FULL NIGHT'S SLEEP LIVE SESSION: BEDTIME STRETCH
	CHILL OUT	22 SOCIAL INTERACTION	23 CHILL OUT SESSION ACTIVITY SESSION: SPOTIFY	24 PHYSICAL EXERCISE	25 HEALTHY MEAL	26 CHILL OUT SESSION PODCAST SESSION: SHORT STORY	27 PHYSICAL EXERCISE	28 HEALTHY MEAL
	BEING SOCIAL	29 PHYSICAL EXERCISE	30 CHILL OUT SESSION	31 SOCIAL INTERACTION LIVE SESSION: QUIZ	BONUS DAY	BONUS DAY	BONUS DAY	BONUS DAY