


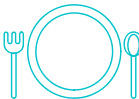


















YOUR BEST FEBRUARY

| sun | mon | tues | weds | thurs | fri | sat |
|---|---|---|--|--|---|---|
| | 1 Have 1 clove of fresh minced garlic.  | 2  Air jump rope for 1 minute, 4 times today. | 3 Use crayons to doodle or color today.  | 4 Give yourself a proper lunch break.  | 5 Add 1 tablespoon of vinegar to a meal today for digestion & fullness. | 6  Make a fruit-based dessert like dark chocolate dipped berries. |
| 7 Swap all grains to whole grains today. | 8 Stand up & stretch every hour during work today.  | 9 Eat fish for 1 meal today.  | 10 Have a kefir shot + berry chaser for gut health.  | 11 Chew on a few fennel seeds (5-10) after meals for a natural breath freshener! | 12 Send an email to someone to say thank you.  | 13 Don't look at your phone first thing in morning, sip a quiet cup of tea instead. |
| 14 Take a bubble bath or relaxing shower w/ music.  | 15  Wear a sleep mask tonight. | 16 Do skaters for 1 minute, 4 times today. | 17 Enjoy a salad for lunch or dinner.  | 18 Do a crossword puzzle for a brain boost.  | 19 Try roasted garbanzo beans + piece of fruit for snack. | 20 Eat dinner by candle light.  |
| 21  Eat all 5 colors today. | 22 Play high vibes music as you meal prep.  | 23  Turn off TV & put away your phone during meals. | 24  Make your desktop green. The calming color is associated with happiness. | 25 Find a new recipe to cook this weekend. | 26 Flip through OLD photos today for a mood boost.  | 27  Do a wall sit for 1 minute, 4 times today. |
| 28 Declutter one small thing like an online folder, drawer, or makeup bag. | | | | | | |